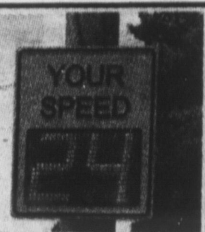


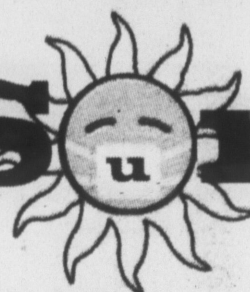


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The Quincy Sun



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WORLD WAR II veterans Edward O'Toole (seated, left) and Robert Smith (seated, right) were joined at a recent event by Mayor Thomas Koch (standing, left) and Doug Pinkham (standing, right), Smith's nephew. Quincy's Department of Veterans Services is looking for more World War II veterans residing in the city. They or their family members can contact the department at 617-376-1192.

Courtesy Photos

World War II Veterans Reunite

A U.S. Army veteran of World War II, a member of the 4th Armored Division, recently received a Tankers jacket a hat and unit pins and patches from the Brotherhood of Tankers.

Representatives from the organization, Jim Bagdon and Chuck Kenneally, were on hand Oct. 19 to present the items to Robert Smith of Quincy on this special occasion that took place across the street from his home. Smith was overwhelmed with emotion while reading the names of comrades on the granite memorial behind him before receiving his gifts.

Mayor Thomas Koch and George Bouchard of Director George Nicholson's office at Quincy Veterans Services presented Smith with a World War II hat and medallion necklace from the



WORLD WAR II veterans Edward O'Toole (left) and Robert Smith were recently reunited. O'Toole served in the Navy and later as a Boston firefighter. Smith served in the Army. He received a Tanker jacket and apparel from the Brotherhood of Tankers at the same event.

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Small Ceremony, No Parade For Veterans Day - Page 4
Bursitis, Tendinitis Basics: Conditions, Treatments - Page 9
North Quincy Woman Perishes In House Fire - Page 19

City Could Break Record For Most Votes

Turnout Could Surpass '60 Election

By SCOTT JACKSON

The 60-year-old record for most votes cast by Quincy residents in an election could be broken this week.

Results from Tuesday's election - headlined by the presidential race between Republican incumbent Donald Trump and the Democratic nominee, former vice president Joe Biden - were unavailable before The Sun

went to press Tuesday evening. Results will be posted online at thequincysun.com when they are.

City Clerk Nicole Crispo is predicting 75 percent of Quincy's 63,787 registered voters will cast ballots in this year's race - roughly 47,840 total votes.

If that prediction holds, the number of votes would

Cont'd On Page 11

Election Results On Sun Website

Election results from Tuesday's state election were not available when The Quincy Sun went to press Tuesday evening.

Results - including the Quincy vote and winners in the contested races - will be posted on The Quincy Sun website when available.

Visit www.TheQuincySun.com for more election news.

Results will also appear in print in an upcoming issue of The Quincy Sun.

Baker: Young People 'Need To Be Serious' About COVID-19

State Issues Guidelines For Celebrating Thanksgiving

By SCOTT JACKSON

Gov. Charlie Baker said individuals under the age of 30 need to be serious about COVID-19 and warned against holding parties or other gatherings.

State officials have also issued new guidance for those celebrating Thanksgiving this month.

Baker spoke on Oct. 27 after the state Department of Public Health had reported three straight days with more than 1,000 new

cases of COVID-19; 1,216 cases were reported Oct. 26, 1,097 on Oct. 25 and 1,128 on Oct. 24. Numbers that high haven't been seen since mid-May, Baker stated.

He also noted that individuals under the age of 30 make up a larger share of cases over the past week than they did in April during the height of the pandemic, while there are fewer cases among those ages 60 and up. In April, about 15 percent of

Cont'd On Page 13

More Quincy news:

The Quincy Sun.com

Building Muscle And Bone After Age 50

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

We have conducted numerous research studies and published several books on older adult strength training. We know that men and women lose, on average, 5 percent of their muscle mass and 20 percent of their bone density every decade after age 50.

We also know that older adults respond positively to resistance exercise, with significant increases in muscle mass, bone density, muscle strength, muscle endurance, and physical capacity.

In one of our studies with about 1,200 participants, the 50 to 80 year-old exercisers regained more than 1 pound of muscle and reduced more than 1 pound of fat every month during their strength training pro-

gram. In a follow-up study with about 1,700 participants, the senior exercisers again regained more than 1 pound of muscle and reduced more than 1 pound of fat every month of their strength training program. In another study with adults over age 50, those who did not do resistance exercise experienced a 1 percent decrease in their bone density. Conversely, those who did perform resistance exercise experienced a 1 percent increase in their bone density over the same 9-month study period. The over-50 strength trainers also had a 10 mm Hg reduction in their resting systolic blood pressure, whereas the non-strength trainers ended the study with higher systolic blood pressure readings.

While we know that resistance exercise is associated with a variety of health and fitness benefits (both physiological and psychological), there is not consensus on the most effective training protocol for producing these positive adaptations. Some exercise physiologists recommend high-volume resistance training (many exercises and many sets of each exercise), whereas other exercise physiologists prefer low-volume resistance training (fewer exercises and fewer sets of each exercise). We would definitely be in the latter group with respect to older adult strength training guidelines. This is because essentially all of our strength training studies have incorporated 8 to 12 basic resistance ex-

ercises that participants can properly perform for a single set of 8 to 12 repetitions. This corresponds to a resistance that is approximately 70 to 80 percent of maximum, which is a very safe and effective training protocol. Although advanced strength trainers may attain better results with higher volume or higher intensity workouts, our 50 to 80 year-old participants have experienced a high rate of muscle and bone development with relatively brief resistance training sessions.

The two key conditions for successfully increasing muscle mass and bone density appear to be consistency and progression. Training regularly is essential. Our program participants train 2 or 3 days each week, which provides plenty of recovery time for the protein synthesis necessary for muscle and bone remodeling. Training progression is equally important.

In order to attain desirable musculoskeletal adaptations, the exercise intensity must be progressively increased in order to stimulate further gains in muscle and bone. We actually use a double-progressive system for safely increasing the training stimulus. We begin each exercise with a resistance that can be properly performed for 8 to 10 rep-

etitions. Once the exerciser can correctly complete 12 repetitions, we increase the resistance by approximately 5 percent. That is, we first increase the number of repetitions with a given weight load (e.g., 100 pounds), then we increase the resistance by a few pounds (e.g., to 105 pounds). This training protocol has proved effective for consistently improving exercise performance and for avoiding injuries caused by doing too much, too soon.

With respect to training technique, there are arguments for exercising with relatively fast movement speeds and for exercising with relatively slow exercise speeds. Although both fast repetitions and slow repetitions are productive for increasing muscle strength, fast movement speeds are more effective for increasing muscle power. However, using traditional equipment, fast movement speeds typically present a higher injury risk. Consequently, to err on the side of caution, we recommend slow to moderate movement speeds.

In one of our large-scale studies, we found no significant difference in strength development by doing 4-second repetitions, 6-second repetitions, or 8-second repetitions. Our fitness center members perform 6-second repetitions, using 3 seconds for lifting movements and 3 seconds for lowering



WAYNE WESTCOTT

movements. Each set of exercise therefore takes between 50 and 70 seconds (8 to 12 repetitions X 6 seconds each) which is an ideal time under tension for the exercising muscle groups.

A critical aspect of correct training technique is exercise breathing. It is essential to breath continuously (never holding your breath), exhaling on each lifting action and inhaling on each lowering action. This breathing pattern is easy to learn and perform, and facilitates a lower blood pressure response during the exercise set. Please keep in mind that although systolic blood pressure must increase during exercise, research demonstrates significant reduction in resting blood pressure (systolic and diastolic) after as little as 10 weeks of regular resistance exercise.

Strength training is at least as important as aerobic activity from a health and fitness perspective, especially for older adults who otherwise lose muscle, bone, and physical capacity at a rather high rate. Our studies, and many others, have clearly shown that adults of all ages can rebuild muscle and bone, and regain relatively high levels of physical function through a sensible (supervised) program of resistance exercise.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department. He has written 30 books on physical fitness and strength training. Wayne may be reached at 617-984-1716 or at wwestcott@quincycolllege.edu.

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING ON TAX RATE *** CHANGE OF DATE ***

In accordance with Governor Charles D. Bakers March 10, 2020 order suspending certain provisions of the Open Meeting Law, G.L. c. 30A, § 20, the City Council of the City of Quincy will be convening a Public Hearing via remote conferencing services on Monday, November 16, 2020 at 7:30 PM pursuant to the provisions of Massachusetts General Laws Chapter 40 § 56 as well as guidelines of the Massachusetts Department of Revenue in order to determine the percentages of local tax levy to be borne by each class of real property, as defined in § 2A of Chapter 59, and personal property in Fiscal Year 2021.

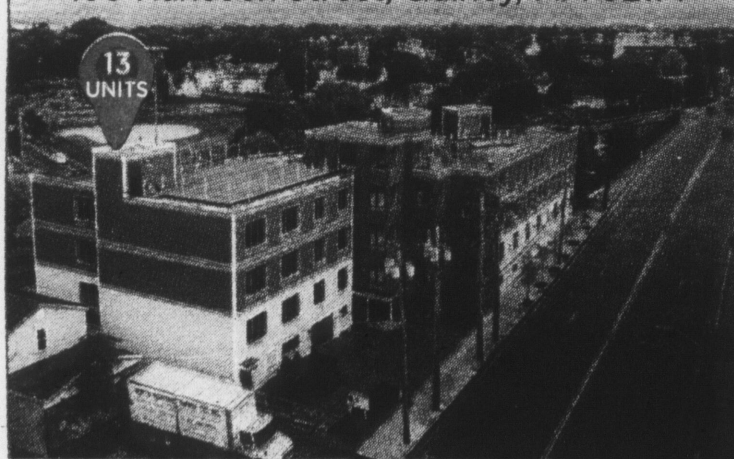
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ATTEST: Nicole L. Crispo
Clerk of Council

11/5/20, 11/12/20

BAYVIEW North Quincy

150 Hancock Street, Quincy, MA 02171



www.150HancockStreetQuincyMA.com

LOCATION! LOCATION! LOCATION! The gateway of North Quincy coming from Boston. Easy access to highway 93. Short walk to North Quincy T Station, shopping, and restaurants. New Construction. Opportunity awaits in this new style of living condo. Once you walk through the welcoming entrance door, a spacious open kitchen, entertainment living room, and an inviting dining room in front. Next, wide hallway leads into One (1) bathroom, One (1) bedroom and One (1) Master bedroom with master bathroom and walk-in closet, washer and dryer in closet, hardwood flooring. One (1) assigned storage and One (1) assigned car parking space (One (1) additional parking space limited available for purchase). Roof deck with deck room is a delight to relax outside and inside for leisure. Please visit virtual tour and 3D rendering to view entire building with each unit.

Unit #	# Bedroom	# Bathroom	Total sq.ft	Sale Price	Sale Price Per sq.ft	Assign Garage	Under Agreement
100	2	2M	1339	\$ 648,000.00	\$ 484.00	1	
101	2	2	1339	\$ 648,000.00	\$ 484.07	1	
102	3	2M	1419	\$ 668,000.00	\$ 471.46	1	
103	2	2M	1249	\$ 618,000.00	\$ 497.99	1	
104	2	2M	1016	\$ 489,000.00	\$ 481.30	1	
200	2	2M	1312	\$ 633,000.00	\$ 508.91	1	
201	2	2	1318	\$ 642,000.00	\$ 492.41	1	
202	3	2M	1354	\$ 668,000.00	\$ 494.09	1	
203	3	2.5M	1641	\$ 799,900.00	\$ 487.45	1	
300	2	2M	1332	\$ 668,000.00	\$ 502.25	1	
301	2	2	1319	\$ 652,000.00	\$ 499.62	1	
302	3	2M	1399	\$ 698,000.00	\$ 478.20	1	
303	3	2.5M	1629	\$ 808,000.00	\$ 496.01	1	

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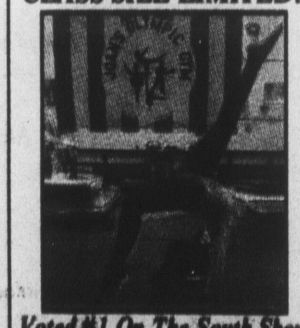


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Health Measures In Schools Working, Commissioner Says

By SCOTT JACKSON

There has been no transmission of COVID-19 within the Quincy Public Schools, the city's health commissioner told the School Committee, showing that the measures in place to stop its spread are working.

Health Commissioner Ruth Jones provided an update on coronavirus cases within the city and the school system during the School Committee meeting on Oct. 28. At the meeting, Jones said six students had tested positive for the virus between Oct. 14 and Oct. 27. Three were remote learners, two were hybrid learners and one was attending classes in-person full-time. In addition, a fresh-

man football coach at one of the city's high schools tested positive and 13 players were determined to be close contacts and required to quarantine.

There were 13 COVID-19 cases among students during the prior two-week period - Sept. 30 to Oct. 14 - including eight remote learners, two hybrid learners and three full-time in-person ones.

Jones on Oct. 28 said there has been no transmission of the virus in schools and said the protocols that are in place - including masks, six feet of separation and proper hand hygiene - were working.

Cont'd On Page 14

Schools Have Adequate Ventilation, School Committee Told

By SCOTT JACKSON

A mechanical engineer for the city told the School Committee that ventilation systems across the city's schools are able to properly ventilate the buildings.

David Scott, a mechanical engineer with the Department of Public Buildings, highlighted the work the department did to prepare for the school year amid the coronavirus pandemic at the committee's Oct. 28 meeting.

Scott said the department surveyed 270 exhaust fans and a dozen energy recovery units in September as part of the process to get ready for the new school year. To check the rate of air flow in the school buildings after those repairs, the department sampled carbon dioxide, or CO2, levels in all classrooms and other school

spaces with more than one occupant. Carbon dioxide levels, Scott stated, are a good way to measure the ventilation rate in a room.

"We decided the right thing to do is to then measure CO2 levels in the classroom spaces or any space housing staff or children as a way to measure the performance of the school's ventilation system," he said.

"When we exhale, we exhale CO2, so the more people in a room breathing, the higher the CO2 levels will go. Then we bring in outdoor air to dilute the CO2 and reduce the levels, so measuring CO2 is a very good indicator of ventilation rate."

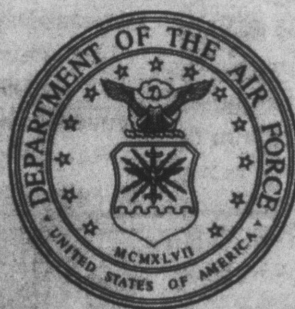
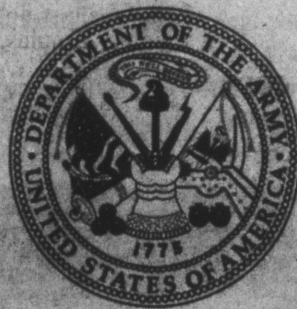
A total of 280 rooms were sampled in the city's 20 school buildings between Oct. 1 and 8.

Cont'd On Page 14



BETH ISRAEL LAHEY Health (BILH) has opened Beth Israel Lahey Health Care Center - Quincy at 100 Walter J. Hannon Parkway in Quincy. The new facility offers urgent care, primary care, specialty care and diagnostic imaging in a single, convenient location. Celebrating the opening of Beth Israel Lahey Health Care Center - Quincy are (from left to right) state Rep. Ronald Mariano, BID Milton President Richard Fernandez, BILH President and CEO Kevin Tabb, MD; Mayor Thomas Koch, Quincy City Council President Nina Liang, U.S. Cong. Stephen Lynch and Ward 3 City Councillor Ian Cain. Story on Page 9.

Courtesy Photo



Colonial Federal Savings Bank and its employees invite you to join us in honoring America's veterans on November 11th.

"On that day let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us reconsecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain."

Dwight D. Eisenhower



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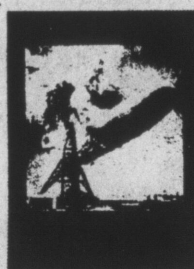
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Moments in time

THE HISTORY CHANNEL

• On Nov. 18, 1883, American and Canadian railroads begin using four continental time zones to end the confusion of dealing with thousands of local times. Most Americans and Canadians quickly embraced their new time zones, however, it was not until 1918 that Congress officially adopted the railroad time zones.

• On Nov. 19, 1915, British airman Richard Bell Davies performs a daring rescue, swooping down in his plane to whisk a downed fellow pilot from behind the Turkish lines. The British government awarded him the Victoria Cross.

• On Nov. 21, 1934, teenager Ella Fitzgerald wins Amateur Night at Harlem's Apollo Theater. Putting her name in the hat on a bet, she'd originally planned a dance number. History was made when she changed her mind and sang "The Object of My Affection."

• On Nov. 20, 1947, Princess Elizabeth marries distant cousin Philip Mountbatten, former prince of Greece and Denmark, who renounced his titles to marry the English princess. Mountbatten was made the duke of Edinburgh.

• On Nov. 16, 1959, the smash musical "The Sound of Music" opens on Broadway to the consternation of the real Maria von Trapp and her stepchildren. Nearly all of the particulars she related in her 1949 book, "The Story of the Trapp Family Singers," were ignored by the creators of the musical.

• On Nov. 17, 1973, in the midst of the Watergate scandal that eventually ended his presidency, President Richard Nixon tells a group of newspaper editors that he is "not a crook."

• On Nov. 22, 1988, the Northrop B-2 "stealth" bomber is shown publicly for the first time at Air Force Plant 42 in Palmdale, California. Although the aircraft had a wingspan of nearly half a football field, its radar signal was as negligible as that of a bird. The B-2 also successfully evaded infrared, sound detectors and the visible eye.

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In autumn, stop fertilizing your clivia plant, and place it in a cool room for about 6-8 weeks; this is essential for flower bud formation. Water very sparingly until flower buds appear. Just as winter enters its bleakest stage, you will be rewarded with a bouquet of lovely bright-colored flowers. When the flowers fade, cut the stalk at its base to prevent seeding. — Brenda Weaver

Source: www.chicagobotanic.org/worldflowerplans.com

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City Installing Speed Feedback Signs On 20 Streets

The city Department of Traffic, Parking, Alarm and Lighting has initiated a project designed to improve public safety by addressing vehicle speeds on 20 streets in Quincy.

Speed feedback signs will be installed with the goal of improving quality of life for Quincy residents by lowering the number of drivers violating the speed limit in residential areas.

Speed feedback signs are electronic traffic calming devices designed to alert drivers of their speed relative to the speed limit, and inform drivers violating the speed limit to slow down. Speed feedback signs have been found to reduce speeds by an average of 10-20%, while raising overall compliance with speed limits 30-60%, according to studies conducted by RadarSign.

The locations for the speed feedback signs were chosen after thorough analysis by city staff of speed



SPEED FEEDBACK SIGNS are being installed on 20 local streets by the Department of Traffic, Parking, Alarm and Lighting.

Photo Courtesy Lisa Aimola/Mayor's Office

and volume data on approximately 75 streets across Quincy. Traffic counting equipment was deployed at each of these streets for a period of several days to gather volume and speed data. Sites that displayed high speeds and/or consistent violation of speed limits were considered for inclusion in project.

"Speeding on neigh-

borhood streets is an issue we often hear about when speaking with residents. This project helps to address those concerns in a high impact, low cost way," said Mayor Thomas Koch.

Ward councillors David McCarthy (1), Brad Croall (2) and William Harris (6), collaborated with the city to utilize existing developer mitigation funds designated

for local traffic improvements to purchase approximately half of the equipment for this project. The remainder of the equipment was purchased using capital and operational budget funds.

"Collaborating with the ward councillors to utilize developer funds on a project that improves safety in our neighborhoods is a wonderful thing," said Christopher Cassani, director of Traffic, Parking, Alarm and Lighting. "We view this as a huge success."

The speed feedback signs have been installed at approximately half of the planned locations, with the rest expected to be installed by the end of 2020. The work is being completed by Traffic Department staff.

For more information regarding this and other projects, visit the Project Highlights portion of Traffic and Parking Department's page at www.quincyma.gov.

Small Ceremony To Commemorate Veterans Day Nov. 11; No Parade

By SCOTT JACKSON

The city will hold a scaled-down ceremony on Nov. 11 to commemorate Veterans Day.

The observance will start at 11 a.m. at the World War II memorial inside Merrymount Park. The memorial

is located near the corner of Hancock Street and Merrymount Parkway.

George Nicholson, the city's director of veterans' services, said Dean Schaeffer would be the guest speaker at the ceremony. Schaeffer is a Marine Corps

veteran of World War II and Korea. He will turn 100 on Veterans Day.

The ceremony will also include local color guards and a small band contingent.

In the event of inclement weather, the ceremony will be held inside the gymna-

sium at Quincy High School at 11 a.m.

The city has traditionally held a parade on Veterans Day ahead of the observance. This year's parade has been cancelled amid the pandemic.



JIM BAGDON (second from left) of the Brotherhood of Tankers recently presented World War II veteran **Robert Smith** (third from left) with a Tanker jacket and hat. Looking on is Smith's nephew, **Doug Pinkham** (far right).

Courtesy Photo

World War II Veterans Reunite

Cont'd From Page 1

City of Quincy. The day was so special to Smith as family members and local veterans looked on.

Koch spoke on behalf of the city, thanking Smith for giving us our freedom and thanking him for his service to his country.

During the ceremony an

unexpected visitor showed up. A gentleman from up the street from Smith's home — fellow World War II veteran Edward O'Toole, a U.S. Navy veteran and Boston firefighter for 40 plus years — stopped by the lend support.

During this time, O'Toole went over to Smith to shake

his hand and congratulate him during this emotional moment. The two talked for a few minutes until the veterans in attendance stood side by side and saluted both men as they saluted back. It was a site to see and brought a new meaning to the saying "the Greatest Generation."

Quincy Veterans Servic-

es would like to find out who from this generation are still living here in Quincy. So, if there's any family members or Veterans living here, Veterans Services would like to hear from you. Contact the Quincy Veterans Services Director George Nicholson or George Bouchard at 617-376-1192 and thank you for your service.

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Scenes From Yesterday



THIS IS A 1910 postcard view of the beach and cottages on Post Island Road in Post Island, a little known and secluded section of Quincy. Post Island is situated between Shell Beach in Adams Shore and The Bit in Houghs Neck. It is not part of Houghs Neck. Post Island was originally the easternmost section of the colonial land grant to William Coddington in the 1630s. When he was self-exiled to Rhode Island, he sold a large portion of his land stretching from what is now Mount Wollaston Cemetery to and including Post Island and beyond nearly to The Bit. Through inheritance it later became

the Mount Wollaston Farm of Colonel John Quincy for whom the city was named. In the 19th century, it became the property of John Quincy Adams II and his wife Fanny Crowinshield Adams. They built a large mansion on the farm near Samoset Avenue. Adams died in 1894 and his wife and family began selling the property to land developers. In 1896, Post Island was the last parcel to be sold. The subdivision had 34 house lots with 10 of them on the water including the cottages shown above. Today, these are year-round homes.

From the Tom Galvin Postcard Collection

Be that SOMEONE

This poem is dedicated for supporting mental health in observance of the World Mental Health Day

By MONIKA TECKCHANDANI

There are people in the world who are waiting for the day,
When someone will hold their hand and show them the way.

They are feeling like giving up and are having a hard time,
Trying to survive in the world without committing a crime.

Some are trying hard to raise their family and make a living,
Others are desperately in search of a partner who is loving.

Some have lost their loved ones and are in great depression,
Others are working day and night to get a promotion.

Some have lots of wealth but are seeking for a true friend,
Others have true friends but have no money to spend.
Some are sick in the hospital waiting to get better,
Others only communicate with loved ones through a letter.

Some have learned the wrong ways of living due to peer pressure,
Others are tired of being victims of gender, race and color.

Some are tired of the education pressure at school,
Others are fooling around taking life very easy and cool.

Some are anxiously waiting for their family to grow,
Others are begging their kids for some respect to show.
Some are tired of long days at work and waiting for a break,
Others are unemployed, waiting for a job offer to take.

Life is not the same for everyone as we always cannot get what we want,
We all wish that we could change our lives as the style of a font.

But that does not happen and we all wait for things to change,
We compare ourselves with others happiness and feel strange.

READERS FORUM

Everyone has a struggle to deal with which we may not know,

Some cry and talk about it but others don't like to show.
We cannot change things for others but we can surely help,

Through talking, caring, loving or by just being a friend.

Be friends with your children, neighbors, colleagues and people around,

It will help cheer someone to get love which they were may have never found.

Take out time for each other whether it's your loved one or just a friend,

Sometimes change your priorities, go a mile ahead to give a helping hand.

Some person may not seem important to you.

But even your hug or talks could change their view.

Be that someone who could save a life,

Of a friend, colleague, mom or a wife.

Love, appreciate and show someone that you care,

And to wipe their tears you will always be there.

We cannot change anyone's future as that is a big mystery,

But we can be SOMEONE who can save somebody from becoming a history.

Close FR Compressor Station

The compressor station at the Fore River bridge should be permanently closed. It has had two accidental gas leaks and has only been in the testing phase for a few weeks.

Also the gas isn't even for the U.S. The pipeline that Enbridge has been building is to bring gas to Canada, not the U.S.

The compressor station will negatively affect the air, creating toxic air pollutants, which will harm the environment, and affect residents in Weymouth, Quincy,

Braintree, and throughout the south shore. Compressor stations tend to blow up, and malfunction pretty often too, and if an explosion happens it could be devastating, since it's next to a major bridge, and a Energy plant.

Also the compressor station will last for decades, which will create a lot of fossil fuels. Compressor stations emit methane, a greenhouse gas that contributes to climate change.

Joseph Latteo
Boy Scout

Quincy's Yesterdays

This Week
1959
61 Years Ago

Della Chiesa Wins By 2,117 Votes

Mayor Amelio Della Chiesa defeated Council President James R. McIntyre in a tense election following one of the most heated mayoral elections the city has seen in the last 20 years.

The mayor won by 2,117 votes - he received 17,650 votes to 15,533 for Mr. McIntyre.

The total vote of 33,460 set a new record for city elections in Quincy. Strenuous campaigning, clear and sunny election day weather and hard work on both sides to get out the vote brought 75.7% of the total registered votes to the poll.

No mayoral campaign since the 1930s had aroused such high feeling in the city according to veteran observers of Quincy politics. (Editor's note: James R. McIntyre would go on to seek and win election as mayor in 1965 and be re-elected in 1967 and 1969.)

BRETT LOSES BID FOR COUNCILLOR AT-LARGE

Joseph E. Brett failed by a narrow margin in his attempt to continue as councillor at-Large while three other incumbent councillors at-Large won re-election in Quincy voting.

David S. McIntosh, Carl W. Anderson and John J. Quinn all won re-election.

Councillor David S. McIntosh topped the six-candidate field polling 17,942 votes, Councillors Carl Anderson with 16,509 votes and John Quinn with 16,378 votes rounded out the three successful councillor at-Large candidates. Councillor Joseph E. Brett finished fourth with 15,956 votes.

Political newcomers running for the first time Daniel M. MacLeod polled 10,737 votes while Francis X. McCauley finished in sixth position with 10,045 votes.

QUINCYISMS

The Bargain Center, "Real Honest To Goodness Bargains" announced its sale begins on Thursday, Nov. 5 at 9 a.m. ... Lincoln Stores, 1431 Hancock St., downtown Quincy, was offering "OMSCO Lite Portable Radios, a \$20.95 Value for \$14.99" ... Forrest I. Neal, Jr., president of the Quincy Rotary Club, was a member of the fall membership dinner of the Quincy South Shore Chamber of Commerce to be held Nov. 19 at the Neighborhood Club... Sheridan's, Quincy Center, was advertising "Rain or Snow Nylon Boots for \$3.99" ... Peter P. Poole, son of Mr. and Mrs. Joseph V. Poole, 16 Ruggles St., Quincy Point, recently received a U.S. Navy commission as an Ensign at Pensacola, FL after completion of 16 weeks of pre-flight training... Shop N' Save Supermarket, South Quincy, was advertising "Short Shank Sugar Cured Smoke Shoulders for 29 cents a lb" ... The Quincy Lions Club annual Ladies Night Dinner Dance was rescheduled for Wednesday evening, Nov. 4, at the Blue Hills Country Club in Canton. Program Chairman for the event was Umberto Giarrusso, assisted by Alexander Smith and LeRoy Rounseville... Mr. and Mrs. Guy L. Marks, 61 Webster St., North Quincy, celebrated their 35th wedding anniversary at a dinner at Sherry's Restaurant... Elizabeth Beatson, daughter of Mr. and Mrs. Beatson, 231 Common St., West Quincy, and Mary Treacy of 93 Robertson St., West Quincy, were presented Marian Medals at the Cathedral of the Holy Cross, Boston. Both girls were from St. Mary's Parish, West Quincy... The Cleveland Browns, led by Jim Brown's five touchdown spree, defeated the 1958 NFL champion Baltimore Colts by a score of 38-31... Brigitte Bardot was appearing in "Love Is My Profession" at the Strand Theater, Chestnut St., Quincy Center... A 46th wedding anniversary party for Mr. and Mrs. Stephen Kusser, 30 Quarterdeck Rd., Quincy, was held at the home of their son Charles Kusser. Mr. and Mrs. Kusser had another son, Stephen Kusser, Jr., and three grandchildren... Mr. and Mrs. Costa Dracoules, 33 Armory St., Quincy, welcomed a son, born Nov. 2, at Quincy City Hospital... Roxie's Market, 479 Southern Artery, was sponsoring a "Spectacular Meat Riot with Hundreds of Specials" including "Roxie's Fabulous Pure Beef Hamburg, 29 cents a lb, 4 lbs for \$1" ... Secretary Angus MacDonnell of the Quincy Shipbuilding Committee noted that with an additional hiring of 300 employees, total employment at the shipyard would total 11,900... Fore River Motors, 418 Quincy Ave, was offering a 1955 Chevrolet 210, 4-Door Station Wagon for \$1095... Tedeschi's Super Markets were raffling off a "1960 Ford Falcon Filled with Food." Winner may pick the color of his or her choice... Richard G. Wood, son of Mr. and Mrs. Matthew W. Wood, 26 Hobomack Rd., Merrymount, was the director of the play, "The Mousetrap" by Agatha Christie. The play was presented at Austin College, Sherman, TX, where Mr. Wood was a senior drama and speech student... Lawrence J. Perette, public relations officer and a past commander of the Veterans Council, was a member of the Council's Veterans Day Observance Committee planning the Veterans Day's observances.

Quincy College, Government Employees Form Partnership

To Provide Affordable Pathways To Associate Degrees For NAGE Members

Quincy College and the National Association of Government Employees (NAGE) agreed to work collaboratively to provide NAGE's members with affordable pathways to educational opportunities focused on career advancement.

Quincy College will offer NAGE members access to for-credit online courses leading to the award of professional certificates and associate degrees. NAGE members and their immediate family members will also receive scholarships through Quincy College.

"I am excited that Quincy College is able to strengthen our partnership with the National Association of Government Employees (NAGE) to help meet the academic needs and aspirations of their members. This collaboration provides a pathway to educational and professional growth which exemplifies the mission of both the College and NAGE," said Quincy College President, Richard DeCristofaro, Ed.D.

A designated Navigator from Quincy College will assist NAGE members by coordinating services within Admissions, Financial Aid, Registration, Advising and Student Support Services. Quincy College has structured stackable certificate programs that lead to associate degrees and bachelor's degrees in the fields of Business Management, Accounting, Computer Science, and Criminal Justice.

"This approach allows NAGE members and their family to earn an associate degree or certificate at a



QUINCY COLLEGE and NAGE recently held a signing event for the new partnership to provide affordable pathways to associate degrees. Pictured left to right Richard DeCristofaro, Ed.D., Quincy College president; Kate Lopci, M.B.A., Quincy College associate vice president of Workforce Development and Community Engagement; David J. Holway, NAGE national president; Tracey Merrill, Quincy College grant writer and administrator; and Kevin Doyle, NAGE special assistant to the president.

Courtesy Photos

lower cost and be completed fully online, in a shorter timeframe. Earned credentials can be transferred into a baccalaureate degree through Quincy College's articulation agreements with partner colleges and universities," said Kate Lopci, M.B.A. AVP of Workforce Development and Community Engagement.

Quincy College is an open-access, two-year institution offering classes online as well as in Quincy and Plymouth.

"We are pleased to be able to offer this incredible benefit to our members," said NAGE National President David J. Holway. "The quality and convenience that Quincy College is able to provide for our members and their families will allow many to further their education. Our members have continually expressed an interest in educational opportunities, and we believe that our partnership with Quincy College will be enthusiastically received by all."



QUINCY COLLEGE PRESIDENT Richard DeCristofaro, Ed.D., (left) and David J. Holway, NAGE national president, at the recent signing event for the new partnership to provide affordable pathways to associate degrees.

City Could Acquire Two Properties For Open Space

By SCOTT JACKSON

Mayor Thomas Koch has proposed purchasing a pair of properties — one in Montclair and one in Wollaston — and setting them aside as open space.

Koch on Oct. 19 asked the City Council to approve the purchase of two parcels using community preservation funds. The item was referred to the council's

finance committee for consideration at a future date.

The Community Preservation Committee approved the purchases at its meeting on Oct. 14.

Koch is proposing to buy 0 Harriet Ave. in Montclair and 797 Quincy Shore Dr. in Wollaston, formerly home to the Beachcomber, for a combined \$5 million. The funds would also cover the

cost of creating open space on the Beachcomber site.

Developers had previously proposed projects on both sites. Both proposals were met with opposition from neighbors.

The site at 0 Harriet Ave. was purchased for \$1.46 million last year, according to the city's online records. The site, which is presently undeveloped, includes three acres of land and is zoned Business C. The land is also in a federally designated flood plain.

A developer came forward with plans to build 75 residential units on site during a community meeting in February. During that meeting, residents suggested the city should consider buying the land to block development on site.

Ward 3 Councillor Ian Cain, whose district includes the Harriet Avenue site, said the proposed acquisitions were the result of feedback received from the community.

"The purpose of acquiring these properties is to keep them as public space. These are both very much community-driven initiatives," Cain said, adding that neighbors were "very vocal about opposition" to proposed development at 0 Harriet Ave and support "maintaining the parcel as is in its current natural preservation."

Cain had introduced a

resolution in March, following the community meeting, asking the mayor to consider purchasing 0 Harriet Ave. and setting it aside as open space. Councillors approved that resolution unanimously.

Three investors had purchased the former Beachcomber on Quincy Shore Drive in May 2018 for \$1.45 million and had proposed opening a new restaurant in its place. The owners had submitted plans to the Quincy Planning Board for review, but the proposal was withdrawn in February.

The Beachcomber property includes 1.4 acres of land in a Residence A zoning district, according to the city's online database. The parcel, which is opposite Wollaston Beach, is in a federally designated flood plain.

Ward 5 Councillor Charles Phelan Jr., whose district includes the site on

Quincy Shore Drive, said redeveloping the parcel could exacerbate flooding problems in the abutting neighborhood.

"It's in an environmentally sensitive area with a large history of flooding. The city right now is spending millions of dollars to replace the pump house on The Strand, which is directly behind it. To try and put anything in there, to try and pave the parking lot over, would just make the whole flooding there a nightmare," Phelan said.

"The best use for this land right now would be to be returned to its natural state."

In February, Phelan introduced a resolution asking the mayor to consider purchasing the Beachcomber site and converting it into open space. The resolution was approved unanimously at that time.

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Social Security Matters

Ask Rusty – Will My Social Security Benefits Ever Stop?

By RUSSELL GLOOR
AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: Has someone who paid into Social Security for most of their life ever lost their benefits later in life? For example, if they start collecting benefits at age 62 and live to be 85 or longer, could they suddenly lose their benefits? Can Social Security ever come along later and say "Sorry, you've used up all your benefits?" I know there are many people, including me, who have no other income or savings, so if their SS suddenly stopped they would need assistance to survive. I started my benefits at age 62 because I had to. I've always been in reasonably good health, so I wonder - what if I live to be 85, 90 or 95 - will I still have enough in the system to get my Social Security check? **Signed: Living on SS**

Dear Living: Please put your fears about losing your Social Security aside - you will never stop receiving your benefits even if you live to be 110 years old. The system isn't designed to compare what you've collected to how much you've contributed. If you meet the basic eligibility requirements, there is no danger of your payments ever stopping because you've "used up all your benefits."

Here's how the Social Security system works: Everyone who works pays a Social Security payroll tax (currently 6.2%; matched by their employer) up to the annual payroll tax cap. All those payroll taxes collected are used to pay benefits to all those who are already collecting Social Security - the payroll taxes you paid weren't put into a separate account for you. Essentially, the system is "pay as you go," where everyone who works and earns pays for those already receiving benefits. So, the benefits you are now receiving are not being deducted from a personal account in your name. Everyone currently working and contributing to Social Security helps pay for your benefits, as well as benefits for everyone else already collecting. Any money left over after all benefits are paid are invested in special issue government bonds, which are held in the Social Security Trust Funds, earning interest which accrues into the Trust Funds. Money from income taxes on Social Security also contributes to SS revenue to pay for benefits. As of the end of 2019, the Social Security Trust Funds held about \$2.9 trillion in assets, reserved to cover any shortage of SS income received vs. benefits paid out.

You may have read about Social Security facing future financial difficulties. That is primarily a result of the declining ratio of workers to beneficiaries and increasing life expectancy (average longevity for SS recipients today is mid-80s). Starting this year, the reserves in the Trust Funds will be used to cover any income shortfall. The last official report from the Trustees of Social Security predicted that the SS Trust Funds assets are sufficient to pay full benefits until about 2035 (the effects of the COVID-19 pandemic will surely worsen that prediction). But even if Congress fails to act to resolve the issue and the Trust Funds run dry in the future, your benefits will still continue. If the Trust Funds run dry, however, your benefit would be reduced (not eliminated).

If the Trust Funds are fully depleted, Social Security can only pay out as much as the income received, which would mean a benefit reduction of about 21%, according to current predictions. Sadly, Congress already knows how to fix Social Security's financial issues - what's lacking is the bipartisan cooperation needed to accomplish it. Personally, I do not believe that Congress will ever allow the Trust Funds to run dry, requiring a cut in benefits (it would be political suicide to do so). Given the vitriol permeating Congress today we'll probably need to wait a while for a solution, but one will eventually come. In any case, please rest assured that your Social Security benefits will never stop, no matter how old you get. You can't "use up all your benefits."

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Gardening Gifts That Provide Years Of Enjoyment

By MELINDA MYERS

The popularity of gardening is at an all-time high and people are discovering its many benefits. Some want to grow safe and nutritious food, others are boosting the beauty of their landscape, and many are turning to gardening to relieve stress. With the holidays right around the corner, it's the perfect opportunity to support new and experienced gardeners with a thoughtful garden-related gift.

Help small space gardeners expand their growing space and reduce maintenance with self-watering elevated cedar planters. Elevated gardens add garden space to a balcony, deck or patio while raising the garden bed to a comfortable and easily accessible height. The self-watering system makes gardening easy with proper, less frequent watering to ensure success.

Do the same for indoor plant enthusiasts with stylish terrariums, plant stands, and lighting features. Terrariums are still popular, creating a decorative means for providing the moisture and humidity tropical plants need. Copper and rot resistant mango wood terrariums (gardeners.com) add a new and decorative twist to this traditional growing system.

Plant stands allow your favorite indoor gardener to maximize any available space. Shelves filled with greenery help improve indoor air quality, reduce stress, and can elevate one's mood. New modern metal

plant stand designs add a modern vibe to the indoor garden display.

When space is at a premium, give the gift of vertical gardening accessories. Birdcage planters provide a unique way to display tropical or seasonal flowers. Lower them to tabletop level to use as a centerpiece or decorative element in seasonal indoor displays.

Don't overlook the cooks in your life that may be intrigued by moving their garden indoors. Keep them stocked with fresh herbs and vegetables. Increase their growing space and needed light with a gift of energy efficient LED grow lights in an attractive stand like the Oslo customizable LED Grow Lights. For those with very limited space, consider an organic kitchen caddy planter kit. A windowsill or countertop herb garden is a great way for anyone to add garden-fresh flavor to winter meals.

Make gardening a fun and accessible experience with the help of a deep seat kneeler that when flipped over, converts. Or add storage and mobility with a Deluxe Tractor Scoot with Bucket Basket. The handle allows you to easily take your tools and garden scoot with you to every corner of your landscape.

And don't forget the stocking stuffers. Who doesn't need extra plant tags, ties and gloves? Consider replacing the stocking with a colorful Tubtrug. These flexible lightweight



BIRD CAGE PLANTERS add whimsy to outdoor or indoor décor while providing a unique place to display air plants, seasonal plants and more.

Photo courtesy of Gardener's Supply Company

tubs are perfect for harvesting garden produce, collecting weeds or transporting anything from one space to another.

The gift of gardening provides lifelong benefits. Supporting family and friends with useful tools and equipment can increase their gardening enjoyment and success. And don't forget to add a few of your favorite garden related items to your gift list. You'll eliminate the stress and guesswork for the giver and you both will appreciate a gift that provides

years of function, beauty and memories.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD series and the *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by *Gardeners Supply* for her expertise to write this article. Her web site is www.MelindaMyers.com.

Live Online: Cooking With Colin Nov. 12, Dec. 10

The public is welcome to join vegan, Colin McCullough, as he continues a new series of cooking classes this fall. All classes begin at 7 p.m.

Thursday, Nov. 12 - Healthy for the Holidays (festive meal ideas)

In this class, learn ways to make some traditional meals lighter and some new healthy holiday dishes that are lighter.

Thursday, Dec. 10 - DIY Healthy Gifts Everyone Will Love to Eat!

Desserts featured include peppermint blizzard rolls, orange chocolate bites, and more.

The programs will be live-streamed as well as recorded for future viewing. They are made possible by the support of the Friends of the Thomas Crane Library and presented in partnership

with the Boston Vegetarian Society.

Since McCullough became vegan in 1995, he has been finding new ways to make healthy eating convenient and delicious, especially while raising two boys with healthy appetites. He teaches private and public cooking classes throughout New England, sharing his experience and recipes with people who want to incorporate more whole-food, plant-based meals for health, compassion, and the environment.

Join on Zoom (meeting ID 873 8149 9949). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Thomas Crane Public Library's YouTube channel and on the library's Facebook page.

KENNEDY CENTER

November QATV Programming Schedule

All programs listed below will be aired on Channel 9

MONDAYS

12:30 p.m. - Finding Strength & Balance with Maggie Episode #1

12:45 p.m. - Finding Strength & Balance with Maggie Episode #2

TUESDAYS

9 a.m. - Balance Class for Adults Over 60

10 a.m. - Exercise with Karen

12:30 p.m. - Eldy's Yoga

WEDNESDAYS

12:30 p.m. - Finding Strength & Balance with Maggie Episode #2

12:45 p.m. - Finding Strength & Balance with Maggie Episode #3

1 p.m. - Zumba Gold with Mary Ellen Reardon

THURSDAYS

9 a.m. - Healthy Bones & Balance

10 a.m. - Exercise with Karen

12:30 p.m. - Eldy's Yoga

FRIDAYS

12:30 p.m. - Finding Strength & Balance with Maggie Episode #2

12:45 p.m. - Finding Strength & Balance with Maggie Episode #3

1 p.m. - Zumba Gold with Mary Ellen Reardon

WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO

**Chili**

By MARIE

There are dozens of ways to make chili and everyone has their favorite way, but recently my niece, Ann, made the most delicious chili ever – talk about comfort food and with the cool air coming up this one is a winner!

Ingredients and Directions

- 5 large green peppers, washed and diced in medium-sized pieces
- 1 pound of lean hamburger
- 4 or 5 sweet sausage sweet, cooked, and sliced into halved discs
- 3 cans crushed tomato
- 1 can diced tomato
- 1 can tomato paste
- 2 cans red kidney beans
- 1 can white beans
- 2 or 3 tablespoons Chili power
- Pepper to taste
- 1/4 cup of olive oil

In a large tall pot, heat the oil and sauté the peppers for about 8 minutes, then add the hamburger and sprinkle with pepper to taste and some chili powder and cook until



hamburger is not pink and ingredients look done.

Next add all of the tomatoes and the tomato paste.

Simmer on medium-low heat for about 30 minutes, stirring often.

Then add the cooked sausage and all of the beans, simmering on low, stirring often, for about 45 minutes to 1 hour.

This recipe feeds a crowd.

Elana's Pantry Everything Bagels

By SUSIE

Here is a recipe for a very healthy bagel that is loaded with protein, fiber, and nutrients and contain no grains for those who are watching their carbohydrate intake.

This is a great recipe for diabetics and for those watching their blood sugar and weight. A regular bagel is loaded with unhealthy carbohydrates, and are basically nutrient depleted.

But, who doesn't like a warm toasty bagel in the morning with their tea? If you don't have a pastry bag, just use a ziploc baggie with the tip snipped off. The recipe comes from "Elana's Pantry" website.

"EVERYTHING BAGELS" –
These make 50 mini bagels!

- 1 1/2 cups almond flour
- 1/4 cup golden flax meal

BBB Scam Alert: Fake CharitiesBy BETTER
BUSINESS BUREAU

Scammers are taking advantage of would-be Instagram influencers by tricking them into buying over-priced products that allegedly support a charity. Instead of gaining followers and helping a good cause, the influencers end up losing money.

How the Scam Works

You received a direct message in Instagram that appears to come from a charity or from a business claiming to have partnered with a charity. The representative wants to know if you would be interested in becoming a "model" or "brand ambassador" for their new campaign. This promotion is allegedly supporting a nonprofit – everything from environmental conservation to women's rights to LGBTQ youth.

It sounds like a great

gig! The "representative" sends you a discount code to purchase the products they want you to model. The prices in the online store are high, but, according to the representative, the sales go to support the charity.

Unfortunately, there's a catch. Victims report purchasing items – often t-shirts – that never arrive. In some cases, the charity never even existed. In others, the charity is real, but scammers used their name without their knowledge, and the nonprofit never received money from the sales.

How to spot an influencer scam:

- **Ask questions:** Targets of this con told BBB.org/ScamTracker that when they asked for details about the charity and how the donations are used, the scammer got evasive and stopped responding. Don't hesitate to push back if something

seems off.

- **If an offer looks suspicious, do a search.** If something is a scam, victims are likely to have posted about it online. Also, the charity's website and/or social media should mention the partnership – if it's real.

- **Know the signs of fake social media accounts:** Make sure the business or charity contacting you is real. This article has detailed information about how to spot a phony Instagram account.

- **Report scam accounts and messages to Facebook and Instagram:** Alert administrators to fake profiles, compromised accounts, and spam messages by reporting them on Facebook and Instagram.

- **Learn how to spot a job scam:** This social media ambassador con uses many of the same techniques as a job scam.

HarborOne Bank Opens Quincy Branch

HARBORONE BANK marked the opening of its new Quincy branch with a social-distanced ribbon cutting ceremony Oct. 22. The new branch, located at One Chestnut Place and HarborOne's first in Quincy, features retail and consumer banking services, small business and commercial banking products and services, and credit and lending products for both commercial and personal banking needs. A team of relationship experts will execute HarborOne's unique partnership approach to fulfilling all customer needs from loans and lines of credit to checking and savings accounts. Shown here at the ribbon cutting are (front row from the left to right) Joseph Casey, HarborOne president; Mayor Thomas Koch, Brenda Kerr, HarborOne senior vice president; and Tim Cahill, Quincy Chamber of Commerce. Back row: Jim Blake, HarborOne CEO; Peter O'Connell, developer of One Chestnut Place; Rick Doane, Interfaith Social Services; and Peter Forman, South Shore Chamber of Commerce.

Courtesy Photo

MBTA Seeks Rider Input On Service Priorities; Schedules Public Meetings

The MBTA has announced a series of public engagement efforts to inform riders and stakeholders, and receive their feedback on Forging Ahead, the Authority's plan to preserve transit access and quality of service available to transit-critical customers.

The public engagement effort, now underway and running through December, includes a series of virtual public meetings, a public hearing, a team of Community Liaisons to gather feedback directly from riders, and an online comment form for customers to engage with the T. The T wants to hear from transit customers about the service people are using now, how often, and what their transit priorities are in order to shape the T's upcoming decision about which transit-critical services to prioritize and protect, and which may need to be cut back until ridership and revenues return.

"Equity demands that the MBTA focus its available resources on those who depend on us most for frequent and reliable service," said MBTA General Manager Steve Pofstak. "It's critical we hear from our customers and stakeholders on the services that they need now or will need soon. This input will inform our efforts to identify core essential services – the buses, trains, vans, and boats that serve transit-critical populations and communities that rely on transit – and to realign service by prioritizing and preserving those services. This means we will need to reduce services where we have very few passengers, or are operating near-empty trains, and invest those savings into protecting the core essential services."

The MBTA initiated Forging Ahead public engagement as part of its response to low ridership on some modes, increased ridership on several routes, potentially long-term changes in service demand, and a projected budget gap resulting from the pandemic. On November 9, the MBTA will announce which services will be prioritized and protected and which will have proposed changes in service, after which the public meetings and public hearing will take place. These service changes will generally not take effect until spring or summer of 2021.

Customers are encouraged to go online and provide feedback (https://mbta.qualtrics.com/jfe/form/SV_9XgJkYTrL6aySNL) and/or to participate in any of eleven virtual public meetings, including an Official Public Hearing, where they can provide input and ask questions of MBTA officials. Each meeting will focus on a specific community region within the MBTA's service area. Meeting details are available at mbta.com/ForgingAhead.

Additionally, the MBTA has established a team of Community Liaisons that will be reaching out to communities directly im-

pacted by proposed service changes for input and feedback. MBTA community liaisons will schedule in-person, phone, or online meetings with individuals, local municipalities, or neighborhood organizations to provide information and seek community feedback. Liaisons will also interact directly with customers at stations, platforms, and bus stops.

Following this period of individual comments from MBTA customers, public engagement, and ongoing discussions with the Fiscal and Management Control Board (FMCB), final decisions on protecting essential services and making changes to underutilized services will be made in December and implemented largely in the spring and summer of 2021. Service changes made in response to substantial recent ridership losses will not be permanent and changes to modes or routes taking place in 2021 will be reconsidered based on the status of the State of Emergency, commuting and travel trends, and ridership and fare revenue recovery in 2021 and beyond.

All meetings are accessible to people with disabilities and those with limited English proficiency. Accessibility accommodations and language services will be provided free of charge, upon request, as available. Such services include documents in alternate formats, translated documents, and interpreters (including American Sign Language). For more information or to request a reasonable accommodation and/or language services, contact the MBTA Community Liaisons at publicengagement@mbta.com.

For more information, visit mbta.com/forgingahead.

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Bursitis And Tendinitis Basics: Conditions, Treatments

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Bursitis and tendinitis are conditions that involve inflammation of the soft tissue surrounding muscles and bones, most often in the shoulder, elbow, wrist, hip, knee, or ankle.

Bursitis arises when a bursa, a small fluid-filled sac that acts as a cushion between a bone and other moving parts, becomes inflamed. Bursitis is generally caused by overuse or direct trauma to a joint. Bursitis may occur at the knee or elbow, from kneeling or leaning on the elbows longer than usual on a hard surface. Individuals such as carpenters, gardeners, and athletes who perform activities that require repetitive motions or place stress on joints are at greater risk for tendinitis and bursitis. An infection, arthritis, gout, thyroid disease, and diabetes can also generate inflammation of a bursa or tendon.

Tendinitis is inflammation of a tendon, a flexible band of fibrous tissue that connects muscles to bones. They are found throughout the body, including the hands, wrists, elbows,

shoulders, hips, knees, ankles, and feet. Tendons can be small, like those in the hand, or large, like the Achilles tendon in the heel. Tendinitis is most frequently the result of a repetitive injury or motion in the affected area. Some common names for tendinitis include tennis elbow, golfer's elbow, pitcher's shoulder and jumper's knee.

Tennis elbow (lateral epicondylitis) refers to an injury to the outer elbow tendon. Golfer's elbow (medial epicondylitis) is an injury to the inner tendon of the elbow. These ailments can also occur with any activity that involves repetitive wrist turning or hand gripping, such as using a tool, hand shaking, or twisting movements. Pain occurs near the elbow, often radiating into the upper arm or down to the forearm.

Two types of tendinitis can affect the shoulder. Biceps tendinitis causes discomfort in the front or side of the shoulder and may travel down to the elbow and forearm. Pain may also happen when raising the arm overhead. The biceps muscle helps accelerate and decelerate the arm during

overhead movement in activities like tennis or pitching.

Rotator cuff tendinitis causes shoulder pain at the tip of the shoulder and the upper, outer arm. The pain can be intensified by reaching, pushing, pulling, lifting, raising the arm above shoulder level, or lying on the affected side. The rotator cuff is mainly a group of four muscles that attach the arm to the shoulder joint allowing the arm to rotate and elevate. Repeated motion involving the arms, or the aging process involving shoulder motion over numerous years, may also aggravate and wear down the tendons, muscles, and surrounding structures. Squeezing of the rotator cuff is termed shoulder impingement syndrome. Inflammation caused by rheumatoid arthritis may cause rotator cuff tendinitis and bursitis. Sports involving overuse of the shoulder and occupations necessitating frequent overhead reaching are other possible causes of irritation to the rotator cuff or bursa, and may lead to swelling and impingement.

If a tendon is overused during activities, it may

elongate or undergo microscopic tears and become inflamed. Attempting to break a fall may also cause the quadriceps muscles to contract and tear the quadriceps tendon above the knee cap or the patellar tendon below it. Tendinitis of the patellar tendon is sometimes called jumper's knee because the muscle contraction and force of hitting the ground after a jump strain the tendon, in sports such as basketball. People with tendinitis of the knee may feel pain during running, accelerated walking, or jumping. Knee tendinitis can increase the risk for ruptures or large tears to the tendon.

Achilles tendon injuries encompass an irritation, stretch, or tear to the tendon connecting the calf muscle to the back of the heel. Achilles tendinitis is a common overuse injury, but can also be caused by tight or weak calf muscles or conditions that cause the tendon to become less flexible and more rigid, such as arthritis or aging. Achilles tendon injuries can happen to anyone who consistently participates in activities that cause the calf muscle to contract, like climbing stairs or us-

ing a stair-stepper. Achilles tendinitis can be a chronic condition or a sudden injury.

Diagnosis of tendinitis and bursitis initiates with a medical history and physical examination. In the case of a torn tendon, x rays may help show which tendon is affected. The doctor may also use magnetic resonance imaging (MRI) to confirm a partial or total tear. To rule out infection, the doctor may remove and test fluid from the inflamed area. Treatment centers on healing the injured bursa or tendon. The first step in treating both of these conditions is to alleviate pain and inflammation with rest, compression, elevation, and anti-inflammatory medicines such as aspirin, naproxen, or ibuprofen. Activity involving the affected joint is also restricted to foster healing and prevent further injury. In some cases protective devices, such as foot orthoses for the ankle and foot or splints for the knee or hand, may temporarily diminish stress to the affected tendon or bursa and facilitate faster healing times. Gentle stretching and strengthening exercises and massage of the soft tissue may also be beneficial.



RUTH JONES

If there is no improvement, the doctor may inject a corticosteroid medicine into the area encircling the inflamed bursa or tendon. However these medicines must be used with caution because they may lead to weakening or rupture of the tendon. If there is still no improvement the doctor may perform either arthroscopic or open surgery to repair damage and relieve pressure on the tendons and bursae. If a tendon is completely torn, surgery may be needed to repair the damage. If the bursitis is caused by an infection, antibiotics the doctor will prescribe are usually the treatment of choice.

Ruth Jones is the health commissioner for the City of Quincy.

Beth Israel Lahey Health Opens New Health Care Center In Quincy

New Facility Offers Urgent Care, Primary Care, Specialty Care And More At 100 Hannon Parkway

As part of its foundational mission to expand access to extraordinary care in the community, Beth Israel Lahey Health (BILH) has opened Beth Israel Lahey Health Care Center - Quincy at 100 Walter J. Hannon Parkway in Quincy.

The new facility offers urgent care, primary care, specialty care and diagnostic imaging in a single, convenient location.

"With the opening of this new comprehensive care center, we are bringing together clinicians with a broad range of specialties to serve the Quincy community," said Michael Rowan, executive vice president for Hospital and Ambulatory Services at BILH. "This new center reflects our commitment to expanding access to comprehensive care in the community, close to where people live and work."

The center includes an advanced urgent care clinic staffed by board-certified emergency medicine physicians affiliated with Beth Israel Deaconess Hospital - Milton (BID-Milton), Beth Israel Deaconess Medical Center (BIDMC) and Harvard Medical School. Open seven days a week, the clinic treats adults and children

over the age of two with urgent but not life-threatening injuries or illnesses. A wide variety of common illnesses and injuries can be treated in an urgent care setting instead of a hospital's emergency room, including ear and urinary tract infections, common colds, flu, sprains or strains, as well as cuts and deep bruises.

Patients needing more complex emergency care can be seamlessly transferred to BID-Milton or BIDMC in Boston, where their medical information will be readily available to the treatment team thanks to an integrated medical record system.

"Providing access to high quality healthcare for our residents is a major priority," said Mayor Thomas Koch. "To have the world-renown care offered by Beth Israel Lahey Health readily accessible in the heart of our downtown is a great step forward. I'm truly grateful for this new partnership and for all the hard work that helped make it a reality."

The 17,000 square-foot facility also includes a new Beth Israel Lahey Health Primary Care practice, which will provide general medical care to children,

adolescents and adults.

"Having access to high-quality health care is vitally important," said Barbara Masser, MD, director of Ambulatory Emergency Medicine at BIDMC, who oversees the clinical operations of the center. "By providing these services closer to home, Beth Israel Lahey Health Care Center - Quincy will help patients and the community of Quincy as a whole be healthier."

"As more and more Quincy residents chose Beth Israel Deaconess Hospital-Milton for their health care needs, we are excited to partner with colleagues from across the Beth Israel Lahey Health system to expand access to high quality care in Quincy," said Rich Fernandez, president of BID-Milton. "We are also deeply appreciative to the city's state and local leaders for supporting our efforts to bring these new health care services to Quincy."

Beth Israel Lahey Health Care Center - Quincy is conveniently located next to public transportation, including the MBTA Red Line, Quincy Center Stop and MBTA bus lines 225 and 236. Urgent care appointments can be made

by visiting www.bilh.org/quincy or by calling 617-

615-4000. Primary care appointments can be made by

calling 617-615-4100.

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On Sunday, Oct. 25, at approximately 9:05 p.m., Officer E. Smith and multiple other units responded to the area of Federal Avenue for a report of an unarmed robbery in progress.

While conducting the investigation, Officer Smith learned the victim had agreed to meet with a potential buyer from Facebook Marketplace to purchase his 2004 Mercedes Benz. The victim, and his father, met with the potential buyer and his two male friends in a parking lot on Federal Avenue.

The victim exited his vehicle so the buyer could take a look at it. While talking with the three individuals about the vehicle, the victim became suspicious. He got back into the driver's seat of the Mercedes and told the potential buyer that he should come back at a later time. The potential buyer then struck the victim in the right temple/forehead area with a closed fist and attempted to rip him from the vehicle.

The victim's father grabbed one of the other males from

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

behind in an attempt to pull them away from his son. Fearing for his safety, and that of his father, the victim put the vehicle in reverse and backed up in order to get away. The suspects were described as three heavyset black males, between 5'5"-5'9" wearing puffy winter jackets. Two jackets were dark-colored and one was red/white.

Officer Smith began searching the area for the suspects. He observed two black males in the area of Quincy Street. One of the black males was wearing a red, white, and blue puffy winter coat.

Officer Smith exited his cruiser and spoke to both indi-

viduals. One was identified as a juvenile and the other was identified as Carlos Serrano. Officer Smith conducted a pat frisk of both individuals and recovered a black BB pistol from the juvenile's sock. A show-up identification was conducted and both individuals were identified as the suspects involved.

Carlos Serrano, 18, of Boston was arrested and charged with carjacking and two counts of assault & battery. The juvenile was also arrested and charged. The third individual involved was not located.

Buying and selling items on-line is a great way to earn some extra cash or save a few bucks. But safety is always most important.

We encourage you to use the lobby of our station as a meeting spot. The lobby is available 24/7 and is sight and sound recorded. For bigger items, the parking spots directly in front of the station, labeled "Visitor Parking" are also under video surveillance.

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, OCT. 23

LARCENY (wallet), 5:21 p.m., Star Market, 130 Granite St. Female is at service desk. Occurred within last 20 minutes. No suspect info at this time as there is no one that can access the surveillance system.

LARCENY (\$1,200), 6:05 p.m., Barry Street. See caller in QPD lobby. Caller said when he got home from work he noticed that someone stole \$1,200 from him.

LARCENY (purse with belongings), 10:46 p.m., Franklin Avenue. Passport, green card and Social Security card and money.

SATURDAY, OCT. 24

VANDALISM/PROPERTY (cars), 8:19 p.m., Fenno House, 540 Hancock St. In parking lot bending the wipers and breaking them on cars. Reporting party states he is a resident and he thinks he lives on third floor. A resident there and is wearing a blue sweatshirt and shorts. Brewster notified, no EMS.

SUNDAY, OCT. 25

LARCENY (male), 1:51 a.m., Sumner Street. Black shirt, jeans, baseball hat. White male, mid 20's, walking around the building trying to gain entry shaking the doors. Party was looking for a friend thought address was hotel party. Sent on way.

LARCENY (past), 9:13 a.m., Lydon Funeral Home,

650 Hancock St. Statues taken from outside of business.

VANDALISM/PROPERTY (BB hole in window), 4:41 p.m., Edgewater Drive. There is a BB hole in caller's window. Reporting party believes a BB was fired through her window.

LARCENY/MOTOR VEHICLE, 7:10 p.m., Spear Street. 2018 Toyota Tundra, white. Suspect observed by Boston PD walking into Pine Street Shelter and driving off in vehicle.

MONDAY, OCT. 26

ASSAULT AND BATTERY (male/female), 11:07 p.m., Moore Street. Male was punched in face. Female is now outside residence. Reporting party states she 'probably' has a weapon but when asked to elaborate he said he didn't know. Reporting party was struck with her first. States she is just a friend. Reporting party stated he would like EMS. No EMS. Drunk parties. Female party was not on scene. Reporting party called back after units left saying female is now calling him non-stop. Says he does not want to block her number and requested an officer call him.

TUESDAY, OCT. 27

LARCENY (items), 7:52 a.m., Quincy Car Wash, 459 Washington St. Taking items from the work site; one party trespassed.

BREAKING AND ENTERING/PAST (business), 8:58 a.m., Hancock Street. Reporting party states he just arrived at the office and it has been broken into. Reporting party is on scene at his law office.

LARCENY/MOTOR VEHICLE (scooter), 3:12 p.m., Star Market, 130 Granite St. See reporting party out front. Stolen MV form filled out.

THURSDAY, OCT. 29

LARCENY/MOTOR VEHICLE, 6:36 a.m., Buckley Street. 2018 Nissan Sentra stolen overnight.

Breaking & Entering/Past: 1100 block of Hancock Street

Larceny Motor Vehicle: Buckley Street, Granite Street

Total calls for service: 980

Live Online: Rare Books Antiques Roadshow Nov. 10

The public is invited to learn about the value of old and rare books during a Thomas Crane Public Library online program Tuesday, Nov. 10 at 7 p.m.

Share your own finds and have them appraised by Kenneth Gloss, a frequent guest appraiser on PBS' Antiques Roadshow and the proprietor of the internationally known Brattle Book Shop in Boston's Downtown Crossing section. Before appraising books volunteered by audience members, Gloss will share some stories from his history as the second-generation owner of his historic bookshop, which was founded in 1825.

Gloss will highlight some of his favorite finds, describe some of the joys of the "hunt," as well as explain what makes a book go up in value. He has many fascinating anecdotes to share as

well as guidelines for what to look for when starting a collection. Following the talk and a question-and-answer session, he will give free verbal appraisals of books participants have brought. If you have a book you know ahead of time that you would like Gloss to appraise, send the library an email with the subject line: Gloss. Appraisal Request and include the title, author, and, if possible, photographs of the covers, title page, and anything else you find special.

Join the program on Zoom (meeting ID 853 2236 2872), using the free Zoom app. Participants can call (646) 558-8656 and use the same meeting ID to listen to the audio. View the program live on our YouTube channel and on our Facebook page.

Father Bill's & MainSpring

NOBODY SHOULD BE HOMELESS

Due to the unprecedented logistical challenges created by COVID-19, Father Bill's & MainSpring (FBMS) is unable to host a Community Meal this Thanksgiving.

FBMS remains committed to providing a meal to everyone in the Quincy area in need. This year, we are partnering with a local caterer and expanding our meal-delivery program to provide approximately 1,000 meals on Thanksgiving.

We have established a Thanksgiving Fund to help cover these additional expenses.

If you are in need of a meal or to make a donation to our Thanksgiving Fund, visit helpfbms.org/thanksgivingfund.

Thank you for supporting our mission!

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City Could Break Record For Most Election Votes

Cont'd From Page 1

surpass those that were cast in the city in the 1960 presidential contest between Bay State Sen. John F. Kennedy and then Vice President Richard M. Nixon. That election saw some 45,985 of the city's 49,447 registered voters hit the polls, a turnout of 93 percent.

In addition, a turnout of 75 percent would be the highest in the city since the 1992 presidential election. During that election — a three-way contest featuring incumbent Republican George H.W. Bush, Democratic challenger Bill Clinton and independent candidate Ross Perot — 41,178 of the city's 48,208 voters cast ballots, a turnout of 85.24 percent.

Amid the pandemic, state lawmakers authorized mail-in voting and extended early in-person voting this year.

Crispo said 21,220 ballots were mailed to Quincy voters who requested one for this month's election. Her office had received roughly 17,420 of those ballots back as of early Monday with the remaining 3,800 or so outstanding.

In addition, 7,482 residents cast ballots during the two weeks of in-person early voting offered at North Quincy High School and City Hall. That means that nearly 25,000 residents — 39 percent of registered voters — had already cast ballots before polls opened Tuesday.

The city was able to begin counting those ballots ahead of Election Day and they will be included in the preliminary results that will be published late Tuesday, Crispo said.

The city will still count ballots received by mail after Election Day, provided they are postmarked

by Tuesday and received at City Hall by 5 p.m. on Friday. Those ballots will all be tabulated on Monday, Nov. 9, and included in the final election results. Crispo said how long that process will take depends on how many ballots are received this week after Election Day.

A total of four candidates appear on the presidential ballot this year in Massachusetts.

Trump and incumbent vice president Mike Pence are on the Republican ticket; Biden and his running mate, California Sen. Kamala Harris, are on the Democratic ticket; Jo Jorgensen and Spike Cohen are on the Libertarian ticket; and Howie Hawkins and Angela Walker are on the Green-Rainbow ticket.

In addition to the presidential race, Quincy voters cast ballots in up to six other contests this year.

In the race for the U.S. Senate, incumbent Democrat Edward Markey of Malden faces a challenge from Republican Kevin O'Connor of Dover. Markey was first elected to the Senate in a 2013 special election and won a full six-year term in 2014.

In the eighth congressional district, which includes all of Quincy, incumbent Democrat Stephen Lynch of South Boston faces a challenge from independent candidate Jonathan Lott of Stoughton. Lynch has served on Capitol Hill since winning a 2001 special election.

Two incumbent members of the state legislature who represent Quincy, both Democrats, are facing challenges this year.

Sen. John Keenan, a Hobomack Road resident, is facing a challenge from independent candidate Alex

ander Mendez of Shore Avenue to represent the Norfolk and Plymouth District. The district includes all of Quincy, Abington, Holbrook and Rockland as well as part of Braintree. Keenan is seeking his sixth two-year term in office. Mendez is challenging Keenan for the third straight election.

Rep. Ronald Mariano of Falls Boulevard will face Republican Stephen Tougas of Gilbert Street in the race to represent the Third Norfolk District in a rematch from 2018. The district includes all of Ward 2 in Quincy as well as Ward 4, precinct 5, and extends south to parts of Weymouth and Holbrook. Mariano was first elected to Beacon Hill in a 1991 special election and is the House majority leader.

The three other representatives who represent parts of Quincy — Bruce Ayers, Tackey Chan and Daniel Hunt, all Democrats — are unopposed. Ayers has served on Beacon Hill since 1999, Chan since 2011 and Hunt since 2014.

There are also a pair of contested Norfolk County races on the ballot in Quincy.

The race for sheriff pits incumbent Republican Jerry McDermott of Westwood against Quincy Democrat Patrick McDermott, presently the county's register of probate. The winner of the special election will serve for two years and be eligible to run for a full six-year term in 2022. Gov. Charlie Baker appointed Jerry McDermott to the sheriff's seat in December 2018 after the resignation of Michael Bellotti.

Three candidates are in the running for two seats on the county commission. They are incumbent Joseph

Shea, a Quincy Democrat; Canton Town Moderator Richard Staiti, a Democrat; and Heather Hamilton, a Brookline selectwoman running as an independent.

Two Democrats are unopposed in their bid for county seats: Colleen Brierley of Norwood, who is running for register of probate, and Bellotti, the former sheriff from Quincy who is running for treasurer.

Democrat Christopher Iannella Jr. is running unopposed in his re-election bid for a seat on the Governor's Council.

Residents can also vote on two ballot questions this year.

A yes vote on Question 1 would provide motor vehicle owners and independent repair facilities with expanded access to wirelessly transmitted mechanical data related to their vehicles' maintenance and repair. A no vote would make no change in the law governing access to vehicles' wirelessly transmitted mechanical data.

A yes vote on Question 2 would create a system of ranked-choice voting in which voters would have the option to rank candidates in order of preference and votes would be counted in

rounds, eliminating candidates with the lowest votes until one candidate has received a majority. A no vote would make no change in the laws governing voting and how votes are counted.

QIN Hosting Virtual 'Post-Election Interfaith Vigil For Spiritual Grounding'

The Quincy Interfaith Network (QIN) hosted a virtual "Post-Election Interfaith Vigil for Spiritual Grounding" Wednesday, Nov. 4th, from 6 to 9 p.m.

Beginning at 6 p.m., and on every half hour until 9 p.m. local faith leaders will share interfaith reflections, followed by space for participants to lift up the prayers and meditations of their hearts. Each half hour segment will end with time for quiet, accompanied by meditative music and images. This is a non-partisan event grounded in the QIN mission statement "to gather and lift up the voice and witness of people of faith and conviction in the public sphere to promote justice, inclusion, and interfaith community action."

Participants may drop in at any time during the three hour event. The Zoom link is:

<https://zoom.us/j/94412977751?pwd=TEpPSmlqZmJiM0Vyd2I4Sis0WXNWUT09>

Or join by phone:

+1 929 205 6099

Meeting ID: 944 1297 7751

Passcode: 524827

NQHS Fully Remote Following Party

By SCOTT JACKSON

North Quincy High School students have moved to a fully remote learning model for the next two weeks after administrators learned that dozens of students attended a Halloween party over the weekend.

Athletics have also been canceled as a result.

Supt. Kevin Mulvey closed the school at 9 a.m. Monday after learning 70 students had attended the party over the weekend.

"Photos were posted on social media and COVID-19 precautions such as social distancing and mask wearing were not observed," Mulvey said in a notice to

parents.

"After consultation with the Quincy Health Department, I am moving North Quincy High School to remote learning for the next two weeks and canceling athletics to protect the health and safety of the students and staff."

Health Commissioner Ruth Jones is urging students who attended the party to quarantine to 14 days and get tested for COVID-19, Mulvey said. A PCR test should be used rather than an antigen test, which is quicker but less accurate.

The school had been operating under a hybrid learning model since Oct. 15,

with students eligible for two days of in-person learning and three days of remote classes each week. Certain high-need students were eligible for in-person classes on a full-time basis.

Mulvey, in his letter, said the school system's ability to stay open amid the pandemic is dependent on people taking the proper precautions to stop the spread of the coronavirus.

"Quincy Public Schools' ability to remain open under the hybrid learning model is dependent on all of us in the community adhering to guidelines and staying safe," he wrote.



Join our Board. Contribute to the success of Quincy College.

QUINCY COLLEGE

APPOINTING COUNCIL MEETS NOMINATIONS FOR A BOARD MEMBER

- The Quincy College Appointing Council shall meet to consider qualified applicants for appointment to the Quincy College Board of Governors.
- Nominations are to be considered for an appointment to fill two vacancies for a six-year term expiring August 31, 2026.
- Interested individuals must submit a letter of interest and resume, to the Appointing Council, to be received on or before close of business by December 1, 2020. Information received subsequent to December 1, 2020 deadline date cannot be considered by the Appointing Council.

Board members are advocates for the institution, and have certain governance and oversight responsibilities for the College as specified in the enabling and subsequent legislation. Members are expected to attend regular meetings, ordinarily scheduled in the evening, and to participate fully as a member of specific subcommittees, usually meeting monthly. Additionally, members are participants in Commencement, College Ceremonies, and demonstrate in action and word a commitment to the mission and purpose of the College. Members must submit an annual financial disclosure form to the City Clerk, an annual residency certification form; take ethics training, and follow the Open Meeting Law. Applicants for this position need not reside in the City of Quincy.

The Council welcomes diversity in applicants and encourages anyone who believes he or she might contribute positively to the continued success of the institution to respond. A wide variety of expertise is welcome.

Letter of Interest and resume:

By mail to:
Quincy College Board of Governors
c/o Chris Bell and Michele Wilbur
Quincy College
1250 Hancock Street
Quincy, MA 02169

OR

By email to: cbell@quincycollge.edu
and mwilbur@quincycollge.edu



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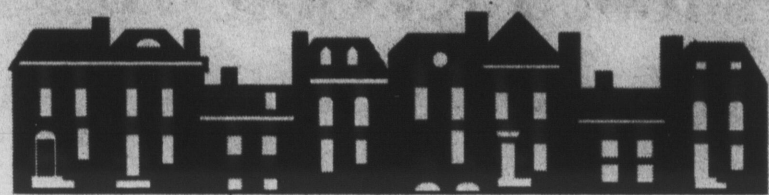
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Real Estate

Quincy Real Estate Transactions October 26 - October 30

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Francisco & Kimberly Diaz
Donald F. & Paula McNally
Laurence & Dorothy K. Orrick
Tammy J. McFarland, Estate of Robert J. Graham
Eastern Nazarene College Inc.
Eastern Nazarene College Inc.
Stephen H. Moynihan Trust
Ann M. Burke
Nancy Holler
Paul P. Pica
Robert Lowe & Anna Li
Mark A. Koch & Brooke A. Perrone
John Thornhill, 2nd & Helen Thornhill
Carmen Avila & Siria Vasquez
Jeffrey H. Tam & Yuting Lu
7-11 Burns Avenue LLC
Douglas A. Haskins, Diane M. Duncan,
Sheryl Ann Mahoney
Carr Family LLC
Louis Mazzini
Diane M. Cordone
Melissa Lane
Jeanette Bukuras
Sandra Wong
Kyoungmin Park & Youngjin Shim
Yongyao Zhang & Yulian Lin
Faith Oszolak & Shan Yao
Stacey L. Fuller
Costa & Mariah Tsolirides
Shirley J. Gilbody Nominee Realty Trust
Estate of Frances P. Andronico
Kendra P. Butters
Susan A. Lewis
Robin R. Almeida
Steve E. & Christine Whitebread
Ung Family Investment Trust
Jing Zhou
Baker Court LLC
Doherty Family Trust
Jaclyn A. LaHaie
Elpidio Coscia Nominee Trust
Lisa M. Birkdale

BUYER

Robert S. Michalski
Patricia M. Nash-Power
Brian Orrick & Chi K. Trinh
Shengnan Lin
PT Investments LLC
PT Investments LLC
Andres C. Rincon & Rachel B. Chaparro
John & Paula Cole
Ann M. Burke
Christopher Doloriet
Krishnan & Neha Iyer
Ying Zhang
Shuyi He
PL Properties III LLC
Richard M. Sullivan
7-11 Burns LLC
Jillian K. Bowles

AMOUNT

\$525,000.00
\$953,000.00
\$546,250.00
\$550,000.00
\$395,000.00
\$374,000.00
\$820,000.00
\$570,000.00
\$645,000.00
\$535,000.00
\$395,000.00
\$635,000.00
\$405,000.00
\$400,000.00
\$519,000.00
\$988,000.00
\$355,000.00

ADDRESS

10 Seaport Drive, Unit 2215
35 Dorchester Street
22 Atherton Street
86-88 Whiton Avenue
8-10 Sewall Street
12 Sewall Street
47 Sturtevant Road
102 Huckins Avenue
35 Rockland Street
20 Arthur Street
100 Cove Way, Unit 501
239 Newbury Avenue
883 Southern Artery
280 State Street
159 Willard Street, Unit 9
7-11 Burns Avenue
17 Joseph Street

1022 Hancock Street, Unit G06
60 Chickatabot Road
162 Main Street
677 Quincy Shore Drive, Unit 311
77 Adams Street, Unit 401
200 Falls Boulevard
999 Hancock Street, Unit 411
140 Quincy Avenue, Unit 17
1 Brook Road, Unit 309
37 Calvin Road
33-35 Payne Street
7 Crest Street
111 Edwards Street
200 Cove Way, Unit 112
192 Manet Avenue
10 Winthrop Park
1449 Quincy Shore Drive
60-62 Quincy Avenue
91 Washington Street, Unit 91-23
178 Robertston Street, Unit 4
31 Hovey Street
1 Cityview Lane, Unit 209
110-116 Brook Road
1001 Marina Drive, Unit 511E

Matthew V. Perry
Scott & Jennifer A. Curran
Drew G. Swint & Patrick C. Mullen
Edward X. Chen
Jaime & Alicia L. Figueroa
Nisachon Thanangthirapong & Usanus Sirtararatn
Tina Yeung
Hung K. Y. Yu
Shirley K. M. Chui
Elizabeth M. Campbell
Joseph P. Allen
Holly Rosa
Zissis & Maria M. Klisiaris
Michael P. Marchione
Stacey L. Fuller
Zhenye Wu & Jinpin Gao
Ibrahim Sabek & Hebatalla Eldakiky
Dani Yan
Daniel A. Muse & Ann McLean-Muse
Anudeep Kurdi & Jyothsna Luckshetty
Weihong Zhou & Aiyin Yu
Christian L. Pizzotti
Brian B. Mahoney, Jr.
Michael J. Bradley

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\$600,000.00
\$415,000.00
\$300,000.00
\$401,000.00
\$760,000.00
\$435,000.00
\$310,000.00
\$520,000.00
\$480,000.00
\$1,245,000.00
\$515,000.00
\$470,000.00
\$310,000.00
\$530,000.00
\$490,000.00
\$642,000.00
\$680,000.00
\$302,500.00
\$670,000.00
\$575,000.00
\$451,000.00
\$875,000.00
\$691,000.00

O'Donnell Reminds Homeowners Of Need To File Mortgage Discharges

Register of Deeds William P. O'Donnell is advising Norfolk County homeowners about the need to file a mortgage discharge after their mortgage has been

paid off.

"When a mortgage has been paid off, a mortgage discharge document needs to be recorded with the Registry of Deeds to clear a homeowner's property title relative to that loan,"

O'Donnell said. "This is particularly important in light of the thousands of homeowners who have been taking advantage of historically low interest rates to refinance their mortgages. It should be noted a dis-

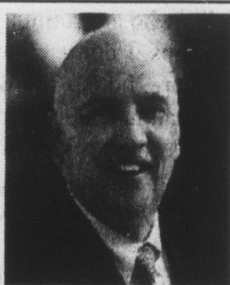
charge is a document (typically one-two pages) issued by the lender, usually with a title such as 'Discharge of Mortgage' or 'Satisfaction of Mortgage.'

"In some instances mortgage discharges are filed directly by banks or settlement closing attorneys with the Registry as part of a property sale or as a result of a refinancing transaction," O'Donnell continued.

In other cases, the mortgage discharge is sent to the property owner who then becomes responsible for making sure the document is recorded. Whether or not the mortgage discharge is recorded by the lending institution or the individual property owner, it is imperative that the property

Cont'd On Page 21

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Baker: Young People 'Need To Be Serious' About COVID-19

Cont'd From Page 1

percent of cases were individuals under the age of 30 and while individuals over the age of 60 comprised 42 percent of cases. In the past week, 37 percent of new cases are individuals under the age of 30 and 18 percent of cases are over the age of 60.

While younger individuals generally experience milder symptoms from COVID-19 than their older counterparts, the governor said those under the age of 30 need to take precautions to stop spreading the virus to others.

"Our young people need to be serious about dealing with COVID," Baker said.

"We get the fact that for many young people, they have mild symptoms or in some cases no symptoms at all, but their contact, especially close, informal contact indoors over an ex-

tended period of time — like watching a football game over the weekend — with older people or those who have other medical conditions can create terrible circumstances for many of our most vulnerable."

In his remarks, the governor said contact-tracing data showed that roughly half of the new cases were linked to social gatherings and household transmission. He cautioned against holding indoor gatherings.

"The science is quite clear that COVID spreads rapidly indoors, particularly in confined spaces when people aren't wearing face coverings or social distancing. We've been clear for months now that unregulated social gatherings are largely prohibited because they are the perfect environment for COVID-19 to spread," Baker said.

"Local officials especially continue to report

that gatherings and parties are happening now indoors as the weather cools and as people let down their guard. People need to remember that COVID has and will be with us until there is a vaccine or new treatments.

"COVID is a very contagious virus and it will rear its ugly head wherever it gets its chance."

During the press conference, Baker was asked if shutdowns like those seen during the spring could be coming if the number of cases continues to rise. The governor said he would prefer to use "targeted interventions" instead and highlighted the recent decision to close all ice-skating rinks for two weeks after clusters of cases were linked to hockey programs as an example of one.

The DPH on Oct. 27 announced new guidance for residents who plan to celebrate Thanksgiving this

month. The guidance recommends that gatherings on Thanksgiving be limited to immediate households only. Alternatively, families could celebrate the holiday virtually via video chat.

Residents can still gather with those outside their immediate household on Thanksgiving, Baker said, but the size of those celebrations should be limited.

"If folks do decide to gather with family members outside their household, the Department of Public Health recommends limiting guests as much as possible and to keep it to your limited social network, those you see on pretty a regular basis," the governor said.

Baker said he celebrated Thanksgiving with 18 people at his house last year but would only host his immediate family this month.

The DPH guidance recommends those who gather on Thanksgiving with resi-

dents from outside their household should wear masks and watch their distance; avoid sharing food, drink and utensils; have one or two people wearing a mask do all the food preparation; and open windows and doors to improve ventilation if eating inside. Shaking hands and hugging should be avoided, as should singing, dancing and shouting. Avoid in-person gatherings with people at a higher risk for severe illness from COVID-19, such as older adults and people with certain medical conditions.

Those who have been diagnosed with COVID-19 and have not yet met the criteria to leave isolation should not host or participate in any in-person activities for Thanksgiving. Neither should those with symptoms of COVID-19 — including fever or chills, cough, shortness of breath

or difficulty breathing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea — nor those who are awaiting COVID-19 test results, have been exposed to the virus within the past 14 days, or are at high-risk for severe illness from the virus.

The guidance also recommends that people who do plan to celebrate Thanksgiving with those outside their household minimize contact with other people for 14 days before and after the holiday. Those residents should only leave their home for essential services, such as going to work, buying groceries, or going to a doctor's appointment.

Alternatively, those who do meet with people outside their household on Thanksgiving can be tested for COVID-19 within 72 hours of the celebration.

Councillors Look To Regulate Short-Term Rentals

By SCOTT JACKSON

An ordinance now pending before the City Council would regulate short-term rentals within Quincy.

Ward 5 Councillor Charles Phelan Jr. introduced the legislation to regulate short-term rentals in September. The ordinance would apply to short-term rentals — defined as a rental of up to 31 days — offered through companies like Airbnb and Vrbo as well as to those arranged without a booking agent. The council's ordinance committee met Oct. 19 to begin reviewing the bill but took no action that night.

Phelan and Mayor Thomas Koch have also proposed adopting portions of state law authorizing a local 6 percent excise tax on short-term rentals plus a 3 percent community-impact fee.

As proposed, Phelan's ordinance would prohibit short-term rentals within parts of the city zoned as Residence A, where only single-family homes are allowed by-right. Phelan said the state is facing a housing crisis and short-term rentals make it difficult for prospective homeowners to purchase properties in single-family neighborhoods.

"If you look around the city, some of our strongest

neighborhoods are ones that are Residence A, and they are the ones we want to protect," he said.

"In Residence A neighborhoods, families coming in were being outbid on single-family homes... people were buying them [because] they were going to make a business out of it, which is not why we have Residence A homes."

Stephen Durkin, the assistant city solicitor who helped draft the ordinance, said the legislation was based on steps Boston, Cambridge and Somerville have taken to regulate short-term rentals as well as an ordinance proposed previously by Ward 4 Councillor Brian Palmucci that was not acted upon.

The ordinance would allow property owners to offer short-term rentals in three circumstances. Home-share units within the owner's primary residence would be allowed — with occupancy limited to three bedrooms and six guests at a time. Limited-share units — in which the unit is rented while the owner is present — would be allowed with occupancy limited to two bedrooms and four guests. Rentals would also be allowed in owner-adjacent units, meaning owners

of two- and three-family homes who reside on site could set aside one of those units for short-term rentals.

Operators of short-term rentals would be required to register with the city. The annual registration fee for limited-share units would be \$50 and the annual fee for the other two categories would be set at \$200. The owners of short-term rental properties would also be required to notify direct abutters within 30 days of registering with the city.

The Inspectional Services Department would be tasked with maintaining the registry and also enforcing the rules of the ordinance. The department would be able to assess fines of \$200 per day for offering an ineligible unit as a short-term rental. Violations of the ordinance or other city codes, such as noise violations, would be subject to a \$100 fine per day. The registration could be revoked for two violations within six months or three violations within 12 months.

Durkin said the proposed ordinance, like Boston's, would not allow an owner to rent out a property they do not reside in on a short-term basis. He suggested councillors would have to determine whether or not

they should be allowed as the committee continues to review the ordinance.

Durkin also suggested the council could ban short-term rentals outright, like the town of Lynnfield has done.

Several councillors who spoke during the Oct. 19 meeting said they have had issues with short-term rentals in the neighborhoods they represent.

Ward 6 Councillor William Harris said short-term rentals have turned some homes in his district into "weekend frat houses."

"Since day one, I've been dealing with Airbnbs that have been a problem. It's taxing to the people who are in the neighborhoods," Harris said. "I support everything that we are putting forward. Anything that can be added on that can put more teeth, more bite, into this, I welcome it."

Ward 1 Councillor David McCarthy said he has had similar issues with parties at houses rented on a short-term basis and asked Durkin what value short-term rentals provide to the city.

"What do these do for Quincy... what do they do at all if say the owner doesn't live in Quincy and just dis-

rupts any neighborhood with an Airbnb?" McCarthy said. "I would love to see what [Lynnfield] did in regards to how they were able to ban Airbnbs completely."

Durkin said short-term rentals are a business and would leave the decision on their value to the councillors and mayor to decide.

Palmucci, the Ward 4 councillor, asked Durkin to provide councillors with more information on the number of short-term rentals offered presently in the city. State law requires owners of short-term rentals to register with the state.

Palmucci said he understood neighbors' concerns about short-term rentals but wants to hear from the owners of such properties before voting on the ordinance.

"I would just like to hear a little bit more from the folks who are running these Airbnbs. I don't know who they are. I don't know if we are talking about professional mini-hotellers who own an apartment building and they are all Airbnbs or if we're talking about a middle-aged couple who have a two-family and they rent out the other one," Palmucci said.

"Especially in these dif-

ficult times with COVID, if this in any way impacts the way somebody makes money and makes a living, I would like to know how much and how much of an effect we are going to have."

Councillor Anne Mahoney, the chairwoman of the ordinance committee, said it would be important to hear both perspectives.

"What Councillor Palmucci is a great starting point to be able to come back and discuss how many people are registered and to take a look at it from a different direction so we're looking at it from both sides of the issue as we are trying to create an ordinance that is protective of our neighborhoods but also conducive for the people who are doing it right," Mahoney said.

A public hearing was held prior to the committee meeting. One resident, John Rodophele of Grenwood Road, said he supported the ordinance because it would provide the city with additional tax revenue.

Palmucci said three people — two residents who live near short-term rentals and one operator of such a rental — submitted letters ahead of the meeting.

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State Issues New Stay-At-Home Advisory, Mask Order

By SCOTT JACKSON

To curb the spread of the coronavirus, Gov. Charlie Baker on Monday announced a new stay-at-home advisory that asks residents to remain home overnight, imposed new limits on gatherings at private residences, set a new closing time for a variety of businesses, and toughened the requirement to wear masks in public settings.

The governor's new orders, which take effect at 12:01 a.m. on Friday, come as Massachusetts has recorded 1,000 or more cases of COVID-19 each day since Oct. 24. The number of patients hospitalized with COVID-19 has also increased from 320 on Sept. 1 to 436 on Oct. 1 and 613 on Sunday.

Baker said the increase in new daily cases and the rise

in hospitalizations require the state to step in and take action to stop the spread of the virus while keeping the economy and schools open.

"The data points to a clear need to do something about these trends now," Baker said during a State House press conference.

"What we should not do to deal with these trends is shut down our economy or close our schools to deal with this. Schools are not spreaders, here or anywhere else. It has been proven now over and over and over again by real-life experience and longitudinal studies. And in Massachusetts, the vast majority of employers, employees and customers have done a great job of playing by the rules and limiting transmission."

Without action, Baker warned the state's health

care system could be overwhelmed by new cases by the end of December.

"If we do nothing and stay on the track we're on now, we'll create capacity problems for our health care system by the end of the calendar year," he said. "Imagine what that would be like for your friends and neighbors who work in health care if cases and hospitalizations continue to rise at double digit rates straight into and through the holiday season. Double shifts, no time for families, the same urgency and demands on their time that we placed on last spring."

"They bailed us out last spring with their grit, creativity and determination and they are worried about what they see every single day. They deserve our best efforts to avoid recreating

the high case and hospital counts that we all lived through last spring."

The revised stay-at-home advisory asks residents to stay home between the hours of 10 p.m. and 5 a.m. During those hours, residents should only be leaving their homes to go to work or school or for essential trips such as seeking emergency medical care, going to the grocery store or a pharmacy, picking up take-out food, and receiving deliveries. Residents are also allowed to go outside to take a walk or exercise.

The gathering order reduces the size limit for indoor gatherings at private residences to 10 people and outdoor gatherings at private residences to 25 people. The limit on gatherings in public spaces and event spaces — like wedding ven-

ues — remains unchanged. Regardless of location or size, all gatherings must end and disperse by 9:30 p.m.

A variety of businesses will also be required to close at 9:30 p.m.

In-person dining must stop at 9:30 p.m., but take-out and delivery can continue for food and non-alcoholic beverages.

Liquor stores and other retailers that sell alcohol will be required to stop alcohol sales at 9:30 p.m. but can continue selling other products. Adult-use marijuana sales must also end at 9:30 p.m. but medical marijuana sales can continue past that.

Indoor and outdoor event spaces must close at 9:30 p.m. as well as indoor and outdoor performance venues, theaters and movie theaters, including drive ins.

Other businesses and activities that must close at 9:30 p.m. include youth and adult amateur sports; golf facilities; recreational boating and boating businesses; outdoor recreational experiences; casinos and horse tracks/simulcast facilities; driving and flight schools; zoos, botanical gardens, wildlife reserves and nature centers; close-contact personal services such as hair and nail salons; gyms, fitness centers and health clubs; indoor and outdoor pools; and museums, historic sites and other similar cultural facilities.

The underlying goal of the new orders is to have people home by 10 p.m., Baker said.

"We'd really like people to be home by 10 o'clock with the people they live

Cont'd On Page 19

Health Measures In Schools Working, Commissioner Says

Cont'd From Page 3

"We have still not seen transmission within the school system. What we're seeing, and we have seen since the kids have gone back to school, is transmission within the community. We are seeing multiple cases within single families, but that transmission has not been seen within the school system and that is a really good thing," she said.

"It shows us that what we're doing in the schools... is working."

During the Oct. 28 meeting, Mayor Thomas Koch said Quincy had moved from a yellow, or moderate-risk, community to a red, or high-risk one, based on metrics used by the state Department of Public Health. As of Oct. 28, the two week daily average of new cases in the city was 8.1, according to city officials; com-

munities with more than eight new cases per day per 100,000 residents in the past two weeks are considered high-risk by the DPH.

On Oct. 29, however, the DPH reported three new cases in Quincy, lowering the two-week average of new cases per day per 100,000 residents to seven, meaning the city remains a yellow community on the state's weekly community-level report. Quincy has been a yellow community since mid-August.

As of Oct. 29, 121 cities and towns throughout Massachusetts, including Boston, Braintree, Canton, Hingham, Randolph and Weymouth, were designated as red communities.

Jones said the increase in cases in Massachusetts and elsewhere in the country of late has been caused by "COVID fatigue," or people

getting weary of adhering to protocols to stop the spread. With flu season around the corner, Jones said it is important that those guidelines be followed.

"I think we have a few difficult months ahead of us," she said. "I can't stress enough, if we continue to use the guidelines and follow the guidelines and be strict about the guidelines, I think that we'll be OK when we come out of this surge."

Jones stressed the importance of wearing masks to stop the spread of the virus.

"There is proven scientific evidence that masks are probably the most important thing we can do, combined with social distancing, to keep the virus at bay and hopefully eventually get rid of this so we can walk around without masks and without the social distancing," she said.

"I think that if everybody did it the way they are supposed to do it, we would have much less cases right now."

Masks, including ones made of cloth, can reduce the number of respiratory droplets the wearer inhales, Jones explained.

"It does help the amount of droplets going in and the amount of droplets going out. We're not sure how much, but the less droplets that you're inhaling in all reality the less of that virus you're getting in your system. They do look at something called viral load in any virus and the more virus you get in you, the more likely you are to develop symptoms from it," Jones said.

"Wearing a mask actually prevents some of that virus going in, prevents some of that virus going out and is very important in the

amount of virus that you inhale or that you spew out to others."

The health commissioner was optimistic that the guidelines used to slow the spread of the coronavirus — masks, social distancing and proper hand hygiene — could also help keep the flu in check.

"I would think it would help because influenza is a virus and is passed the same way — through droplet infection, coughing and sneezing," Jones said. "Wearing a mask to prevent COVID in turn is going to be doing double duty to prevent influenza from spreading."

She also stressed the importance of getting a flu shot this year amid the coronavirus pandemic. State health officials are mandating flu shots for nearly all students under the age of 30 starting

this school year; Quincy Public Schools partnered with Walgreens to offer flu shots for staff and students in all buildings, including administrative offices, this fall.

People should eat healthy, stay properly hydrated, exercise and get enough sleep to maintain their immune system, Jones added.

"All those things we should do to keep us healthy are really the best things to keep your immune system healthy," she said. "Difficult sometimes now in the environment that we're in, but those are the things we really need to do to keep our immune system healthy."

Jones said people should contact their physician before they consider taking supplements, like Vitamin D or zinc, to improve their immune system.

Schools Have Adequate Ventilation, School Committee Told

Cont'd From Page 3

"No rooms were in a range that would be concerning," Scott said. "We felt they were pretty good results."

Carbon dioxide levels inside buildings with properly designed ventilation systems should be no more than 700 parts per million above outdoor carbon dioxide levels, he explained. The CO2 levels outside the city's schools varied between 420 and 479 ppm.

Of the 280 rooms tested, six had carbon dioxide levels between 800 and 1,000 ppm. A dozen rooms had levels between 700 and 800 ppm while the rest were below 700 ppm.

"I want to make sure it's

clear, if we are over 700, for example, that is 700 minus outdoor air. If you had 450 parts per million outside on average, that would mean you were 250 parts per million above outdoor air conditions," Scott said.

"We would be concerned if we were up over 1,000 and we were into that 1,100 range."

After taking the samples inside the rooms, Scott said the department and school custodians are working to improve air flow in rooms with more than 700 ppm of carbon dioxide. A custodian had to move a bookshelf in one room because it was blocking part of the ventilation system, for example.

"Any of the rooms that

were higher than we expected...we went out and had follow up work where we reviewed why this could be happening and put in place fixes to address that," Scott said.

In a letter to the committee, Sean Greene, the president of the Quincy Education Association, said the teachers he represents remained concerned about ventilation inside the schools. The city should have had an outside party check the ventilation systems, he stated.

"It remains disappointing to the members of the QEA that the School Committee did not obtain an outside, objective third-party to evaluate the ventilation in

the classrooms as they are not only educators' workspaces but also our students' learning spaces," Greene said.

In addition, he noted the sampling took place in early October before students in grades four through twelve were allowed to transition from fully remote schedules to a hybrid model on Oct. 15.

"The recent carbon dioxide sampling that was undertaken happened prior to the commencement of phase two and therefore produced outdated results for classrooms in buildings that host grades four through twelve," Greene said.

School Committee member Emily Lebo asked Scott

about the decision to take the carbon dioxide samples prior to the transition on Oct. 15.

Scott, in response, noted elementary school students were in class on the days the sampling took place, as were high-need students in the middle and high schools. Many of the rooms that were sampled were near or at full capacity given the six-foot spacing requirements in place this school year.

"Many of them were at close to or at their occupancy limit with the six-foot spacing," Scott said. "Even though we might not have captured the number of rooms once the full hybrid started, we captured samples of a typical room

that would be at occupancy. Now we can run through and do the sampling again."

Lebo welcomed the decision to do it early to find any problematic areas.

"I think it's great to do it early because you have identified areas of concern," she said.

Committee member Doug Gutro suggested Scott or someone from his department reach out to the teachers who use the rooms found to have higher levels of carbon dioxide.

"Instead of leaving it to the custodian or the principal to explain it...if it had my room number on it and it was a high number it would be nice to have the personal touch," Gutro said.

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City To Plant 350 New Trees Throughout Neighborhoods

The Department of Natural Resources is set to plant 350 new trees throughout Quincy's neighborhoods over the course of the next month.

The trees were funded by Mayor Thomas Koch through a budget appropriation approved by the City Council. Trees will be planted by Cassidy Landscaping, the lowest qualified response to the public bid issued by the city in September.

The city will plant a diverse array of tree species, all of which are proven to handle the stresses of urban planting. Varieties such as Sweet Gum, Japanese Lilac, Eastern Red Bud, Autumn Gold Ginkgo, Okame Cherry, Autumn Blaze Red Maple, and Tupelo Black Gum trees will be the most prominent species planted. Tree Warden Chris Hayward and Project Manager Mike Cassinelli will match each specific planting location with the species best suited for each location.

The city is factoring in both underground and above-ground interference when selecting both the species and exact locations for each tree. Trees will not be planted within 10 feet of a Stop sign.

Quincy has more than 20,000 street trees and many more in its parks, cemeter-

ies, and open spaces.

Koch has recently hired a full-time tree warden to manage the urban forest and develop a preventive maintenance program.

"Our neighborhoods are

largely defined by our beautiful tree-lined streets," said Natural Resources Commissioner Dave Murphy. "Every year, our management efforts require us to remove dead and diseased trees and

Mayor Koch has been very supportive of replacing that inventory with new trees. Our goal is to have a net gain every year of at least 100 trees. This planting effort will help us exceed that

goal."

If you would like a new tree in front of your property, call the Department of Natural Resources at (617) 376-1251. A supplemental tree planting will also take

place in the spring and requests will likely be fulfilled then.

The National Arbor Day Foundation has designated Quincy a "Tree City USA" for the past 22 years.

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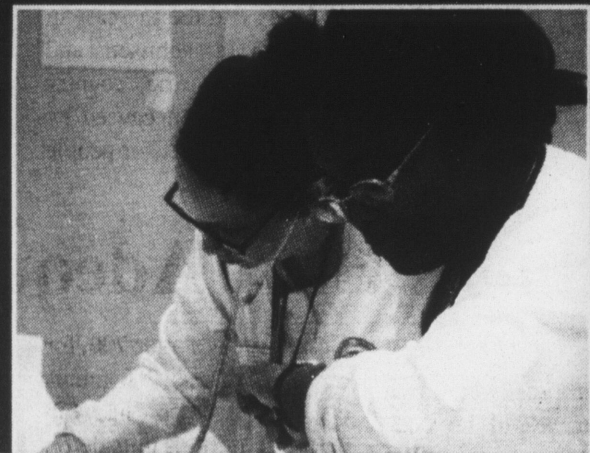
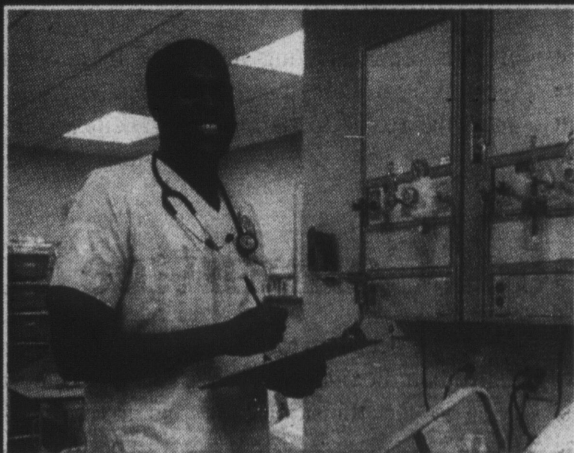
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HANCOCK-ADAMS COMMON looks more like a winter wonderland than a fall-like destination as about five inches of snow fell in the city the day before Halloween, Oct. 30. The snow covered trees that still have not completely changed colors as well as the John Hancock Statue (foreground left). At right is a passerby shown walking by one of several snow-covered empty benches.

Quincy Sun Photo/Robert Bosworth



THE QUINCY SALVATION ARMY is making available 700 coats - both for adults and children - for those who need them this winter. To receive a coat, visit the Quincy Salvation Army, 6 Baxter St., Quincy, during normal pantry hours - Monday through Friday, 9 to 11:30 a.m. You can also call (617) 472-2345. Coats are limited to one person per household. The coats were donated through Anton's Cleaners Coats for Kids program. Because of the pandemic, only a limited number of people are allowed inside the building at a time.

Courtesy Photo



A HALLOWEEN-EVE snow event blanketed the city with about five inches of snow Oct. 30. Here pumpkins and gourds are covered in snow on the front steps of a Quincy home. Winter, by the way, is still more than seven weeks away. The winter solstice is Monday, Dec. 21.

Photo Courtesy Lydia Martin

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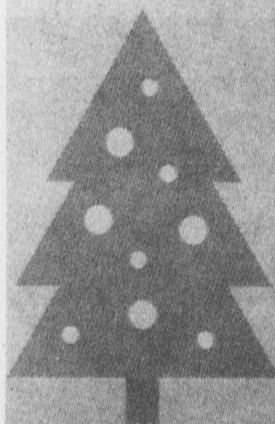
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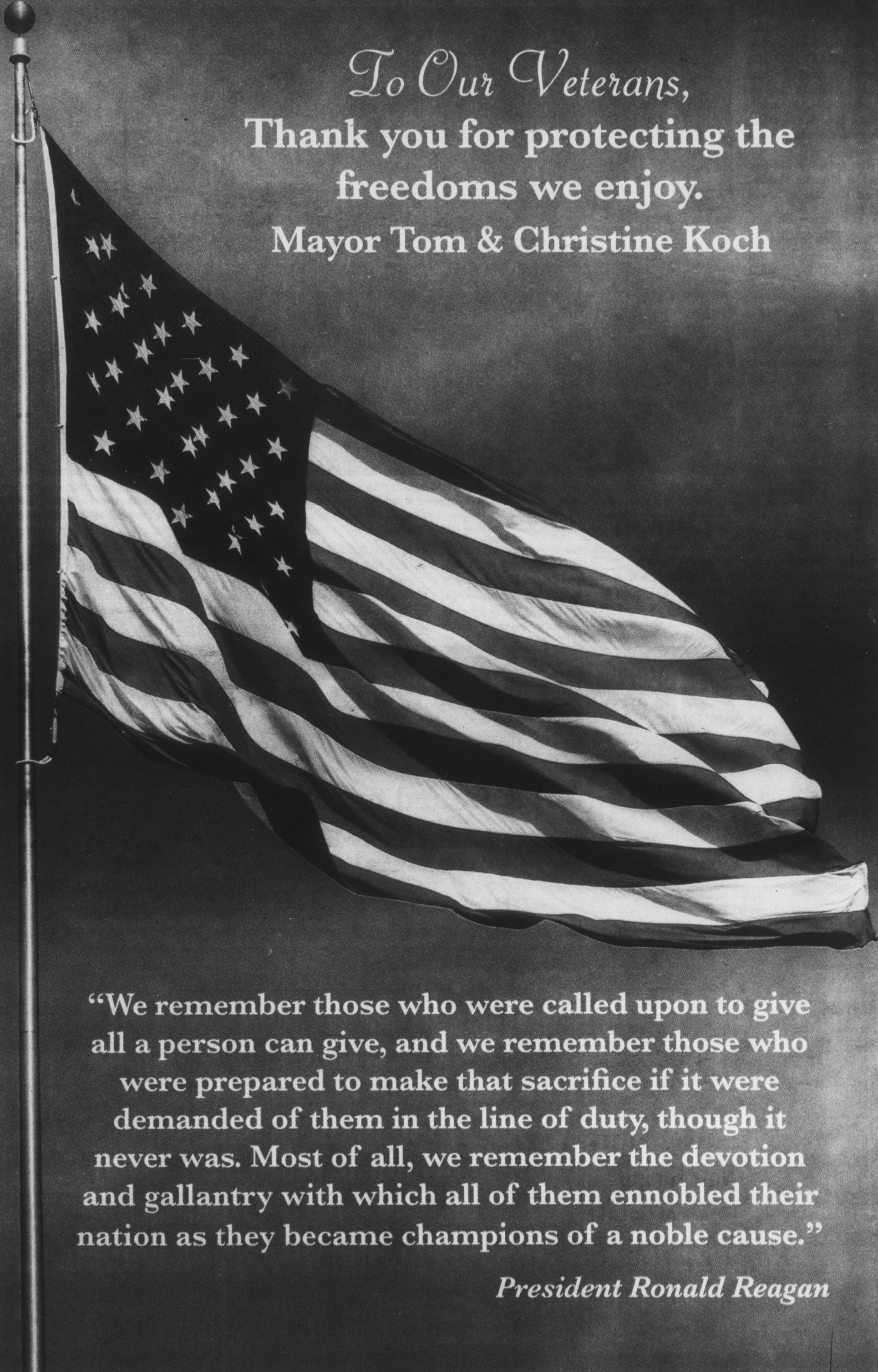
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all a person can give, and we remember those who
were prepared to make that sacrifice if it were
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never was. Most of all, we remember the devotion
and gallantry with which all of them ennobled their
nation as they became champions of a noble cause.”**

President Ronald Reagan

Sons Of American Legion Veterans Day Observance Sunday

Richard Battista, a combat veteran of the Vietnam War and founder of My Life Coaching, LLC, will be the keynote speaker at the Sons of the American Legion, Squadron 294, Morrisette Legion Post Veterans Day observance Sunday, Nov. 8 at noon.

The ceremony will take place at Flags for Veterans Island, Fort Square, School and Pleasant Streets, Quincy.

In the event of inclement weather, the ceremony will be cancelled. There would not be a ceremony indoors due to the pandemic.

Battista, a Quincy resident, fought in the Vietnam War as a combat infantryman, and for his courageous service he was awarded the Bronze Star, the fourth highest military decoration. Because of his history with the U.S. military, Battista enjoys helping other veterans with his life coaching business.

Battista is a certified professional coach who delivers high-impact results oriented coaching to both individuals and teams alike. He works with executives, managers, entrepreneurs, and creative professionals in business and in the U.S.



SQUADRON 294 of the Sons of the American Legion, Cyril P. Morrisette Post, recently installed the full complement of 400 flags on their "Flags for Vets Island" in Fort Square, Quincy. Assisting on the project were a contingent of cadets from the Air Force Junior Reserve Officers Training Corps at North Quincy High School, Scout Troop 6 from Quincy, and many other volunteers. Squadron 294 will hold its annual Veterans Day observance Sunday, Nov. 8 at noon at the island. Those attending should wear face coverings and maintain social distancing.

Courtesy Photo

military. He specializes in leadership, positive feedback, emotional and social intelligence, and group dynamics.

Battista is skilled in as-

sisting others in making choices that will lead to improvements in their professional and personal lives, by helping to clear away the clutter and energy drains

that prevent people from being their best.

As a life coach, Battista has helped many people step up as life-leaders in both their professional and per-

sonal lives. During his more than 30 years in the business world he has dedicated his life to helping others. Every committed client that Battista works with will achieve

results that will far surpass their expectations, he said.

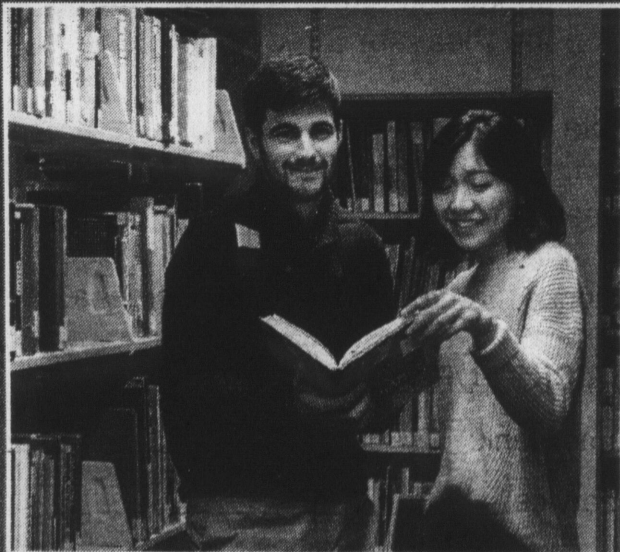
For more information visit Battista's personal homepage: <http://richard-battista.com>.

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North Quincy Woman Perishes In Edwin Street House Fire

By SCOTT JACKSON

A two-alarm house fire claimed the life of a North Quincy woman Tuesday morning.

The Quincy Fire Department was called to 98 Ed-

win St. just after 5:30 a.m. Tuesday, according to Fire Chief Joseph Jackson. A mother and daughter were home at the time, Jackson said; the daughter was able to make it out of the house,

but the mother was killed in the fire.

The Quincy Police Department identified the victim as Marie Gardner, age 64.

The fire was put out by

approximately 6 a.m. Jackson credited the firefighters who responded to the scene for being able to limit the damage caused by the fire.

"The guys did an incredible job fighting the fire,

but unfortunately there was a fatality," he said. "Our hearts go out to the family members for their loss."

The single-family home is probably not a total loss, he added.

Jackson said the fire likely started in the house's kitchen and did not appear suspicious, but it remained under investigation by the fire department and the state Fire Marshal's Office as of 10 a.m. Tuesday.

State Issues New Stay-At-Home Advisory, Mask Order

Cont'd From Page 14

with," he stated. The new mask order requires everyone over the

age of 5 to wear a face covering in public at all times. It replaces a previous order that required masks or face

coverings be worn in public only when social distancing was not possible.

"We're basically saying

if you go out in public, wear a mask," Baker said.

Public locations include but are not limited to grocery stores, pharmacies and other retailers; public transportation, taxis, livery services and ride-share vehicle like Uber and Lyft; public streets and ways; and any location that hosts indoor or outdoor events or perfor-

mances. Masks or face coverings are also required if carpooling with non-household members.

The governor said he expected the new orders to be in effect for at least a month. For Thanksgiving, he said families should limit their celebrations to ten people if they are not from the same household.

Enforcement of the new orders will be left to local officials, Baker stated. Local police or other officials, he explained, would likely break up gatherings that exceed the size or time limits and send those in attendance home. Frequent violators could be subject to civil penalties.

Fiscal Alliance Foundation: Baker's New Executive Orders Go Too Far

The Fiscal Alliance Foundation made the following statement Monday in response to Governor Baker's new executive orders which mandate masks in public spaces regardless if you are alone or can socially distance, limit gatherings in private homes to under 10 people, and impose new curfews for businesses and residents across the Commonwealth.

The governor's orders come with fines and local authorities, including police, are advised to enforce these orders.

The Governor is using the state's Civil Defense Act, not the state's Public Health Act, to impose these new orders. The Civil Defense Act has never been used by a Governor before Governor Baker, to deal with a pandemic. The Civil Defense Act was intended to be used to counter Cold War era threats, while the state's Public Health Act includes rules intended to guide a government response to a pandemic. The Civil Defense Act gives sweeping power to the Governor in order to protect the state from a foreign invasion and its resulting calamity. But where

a threat to public health arises from disease, the legislature delegated its police powers to state and local healthcare officials, not the Governor. Governor Baker has sidestepped the legislative process and violated the separation of powers, to pursue these orders—55 since March, with no end in sight. Under the Governor's new orders, compliance will be enforced by fines and according to the Governor's orders, "local boards of health, and authorized agents are authorized to enforce this order and may do so with the assistance of state or municipal police."

The New Civil Liberties Alliance (NCLA) is challenging the Governor's limitless authority of his use of executive orders, but are not challenging the underlying policies. The lawsuit is known as Desrosiers v. Baker and it is currently being considered by the state's highest court, the state Supreme Judicial Court.

"Massachusetts is heading down a slippery slope in its reliance on unconstitutional executive authority to deal with this pandemic. Treating this public health crisis should not come at the

expense of our state's constitution and personal liberties. Enforcement should not be compelled by fines and the use of local or state police without the explicit consent of the people's legislature," said Paul Diego Crane, a spokesman for the Fiscal Alliance Foundation.

"Massachusetts residents and small businesses have done an excellent job at heeding the warning and can act responsibly on their own without the Governor's limitless orders that look to punish anyone who disobeys his orders," stated Crane.

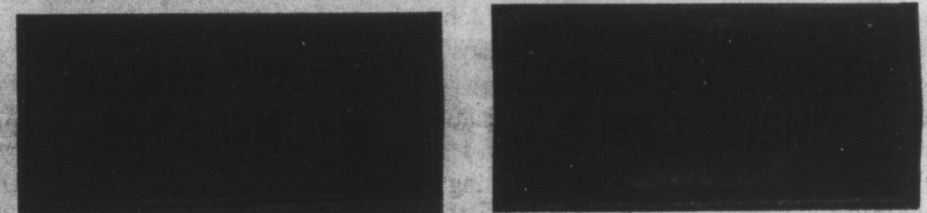
"People who can socially distance, or be alone in a public space, should not feel the threat of the Governor and his limitless orders that come with a fine and the potential to be administered by law enforcement," continued Crane.

"Courts have begun to rein in the use of executive orders across the country and Massachusetts needs to be reined in. The SJC should determine if these types of orders are constitutional. Even during a pandemic, rights must be protected," concluded Crane.



FLAGS FOR VETS ISLAND SQUADRON 294

Bricks for Veterans Program



PHASE 2 Still Available

The Sons of the American Legion, Squadron 294, Morristown American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for PHASE 2 are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

BRICKS FOR VETERANS

Line 1: Veteran Name/Rank: _____

Line 2: Branch of Service: _____

Bricks cost \$50 each

Send this form and check to:
S.A.L. Squadron 294
87 Woodcliff Road.
Quincy, MA 02169

For more information or to order, call 617-733-8026

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88 Washington Street
Quincy, MA 02169

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Public Access Channel 8

Thursday, November 5
5:00pm: Bethany Congregational Church
7:00pm: On the Road with Jazzy Bill

Friday, November 6
11:30am: Currently In Quincy
7:00pm: ENC Presents: The Musgrave Ritual

Saturday, November 7
12:00pm: CQ Interview: Promises for Purple
7:00pm: The Call

Sunday, November 8
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, November 9
11:30am: Currently In Quincy
7:00pm: NQ vs. Milford Football '13

Tuesday, November 10
7:00pm: AM Quincy: Mayor Thomas Koch
8:00pm: High School Sports

Wednesday, November 11
12:00pm: 2019 Veterans Day Ceremony
5:00pm: Good News

Government Access Channel 9

Thursday, November 5
4:00pm: Zoning Board of Appeals 10/27
6:00pm: At Your Library: November Happenings

Friday, November 6
8:00am: MA House of Reps Session 11/2

Saturday/Sunday November 7/8
11:00am: TCPL Presents: Falls Prevention/Aging Adult
3:00pm: At the Library Concert Series: Albino Mble
4:30pm: Zoning Board of Appeals 10/27
7:00pm: At Your Library: November Happenings
9:00pm: TCPL Presents: A Deep Dive Into Coffee

Monday, November 9
12:30pm: Finding Strength & Balance 6
6:00pm: AM Quincy: Norfolk County Registry of Deeds
6:30pm: LIVE: Quincy City Council

Tuesday, November 10
8:00am: MA House of Representatives Session 11/2
4:00pm: LIVE: Board of License Commissioners

Wednesday, November 11th
11:00am: LIVE: Quincy Veterans Day Ceremony
1:00pm: Zumba Gold II w/Mary Ellen Reardon
7:00pm: TCPL Presents: A Deep Dive Into Coffee

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

Quincy Boys' Golf Defeats North Quincy To Finish Season

By TOM JOYCE

The two high school boys' golf teams in Quincy had their season come to an end Oct. 23 in a competitive rivalry contest.

For the second and final time of the season, Quincy High got the better of North Quincy High, winning the match 244-249 at Presidents Golf Course. Previously, Quincy defeated North Quincy 272-277 at Furnace Brook Golf Club Sept. 29, their second match of the season.

With the win, Quincy finished the season at 2-9 and with the loss, North Quincy finished up at 0-11. The matches against Quincy were North Quincy's most competitive rounds of the season.

"That was obviously very exciting and it came down to the last group, as it did the first time we played them," Presidents head coach Joseph Salvucci said. "When you're coming down to that last group and

you know you're in it, that's so exciting. We're trying to trend in the right direction to compete with other teams. When it's close, it's a whole different thing. The kids were so into it. It's not like the other matches. The rivalry is there and it ups the ante."

On the winning side, Dylan Green (36), Jack Dunn (38), Owen Coppola (40), and Andrew Peterson (41) had the best scores for Quincy in the winning effort. Meanwhile, Tom Roche (34), Jackson Murphy (38), and Patrick Bates (41) had the top performances for North Quincy.

Salvucci said that Green, Dunn, and Coppola had their lowest stroke totals of the season in the final match -- and that Green's 36 was the best score anyone had shot in his head coaching career at Quincy.

This season, Quincy had six seniors on their roster -- Ben Akkara, Charlie Codner, Brian Gutro, Joseph

Healy, Sam Hurley, and Andrew Peterson -- who Salvucci said played an important role for the program. He also noted that he had a young team this season, so he is optimistic about the future of the program as well.

"I think next year feels like the year when if we're gonna compete with some of those teams, we'll have a chance. Our two senior captains Joe Healy and Andrew Peterson, they had great attitudes and contributed to the golf game, and our other four seniors set a good example for the JV guys. The JV team won their last match of the year against Pembroke which was cool. The seniors aren't shooting the best golf on the team, but they're setting a good example. Those seniors each played at least one varsity match."

For example, Dunn was a freshman this year while Green and Sean Andrews

were both junior captains. In addition to Dunn, Teddy Lynch was another freshman who played varsity for Quincy this season.

"They had some of the best scoring averages on the team," Salvucci said. "Having two freshmen start varsity is rare, but they did a great job for us."

"Next year, we have a chance to have some upsets if we can steal a win from a Plymouth South, a Pembroke, or a Scituate," he added. "We have a chance to win more matches. My first year, we won four. It's not all about the wins. If it was, I probably would've walked away by now, but it's nice to see there's a few matches in there we can steal."

Conversely, North Quincy, coached by Bob Doyle, also had their share of younger golfers on the roster. They had five seniors on their roster this fall, all of whom were captains: Tom

Roche, Patrick Bates, Mike Collins, Sean Feeney, and Charles Clifford. However, Murphy, who had the team's second-best score against Quincy is a junior this year. Additionally, John Toland and Charlie Ambroult are two freshmen on the North Quincy team who contributed at the varsity level this fall.

Salvucci noted that he would like to see a youth golf program in Quincy to help both programs. He said there was going to be one once a week this summer, but it had to be canceled due to the coronavirus pandemic.

"If we can get seven to nine-year-old kids and up starting, it's gonna be huge," he said. "I can't wait to give

those Scituate guys a run for their money. The kids will be thrilled. I'm not doing my job if I'm not trying to put our program in the best position we can. And this would benefit both programs."

Salvucci also credited Furnace Brook Golf Club, as well as his assistant coach for making their season possible this year.

"They're so good to us," he said of Furnace Brook. "They've been supportive with the tee times and helping us out. Mike McBroom and all of the staff up there have been incredibly supportive. My assistant coach Mike Healy is my right-hand man. He's amazing, and he's been a great asset to the program."

First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has an on-line remote worship service Sunday mornings.

Pastor David Choi will preach his sermon: "We are His Friends" (John 15:14-16); reader will be Ellen Leonard.

The church online dial-in/web meeting weekly schedule is:

- Sunday - 10:30 a.m.

worship service

- Wednesday - 6:30 p.m.

Community Group Meeting - Gospel of John

- Thursday - 6:30 p.m.

Bible Classes - Epistle of Paul to Romans

- Friday - 11 a.m. Prayer Group Meeting

Go to the Home page of the church website: www.firstbaptistchurchofwollaston.org/ to join online Sunday worship service and activities.

Bethany Congregational Church

Bethany Congregational Church, 18 Spear St., corner of Coddington Street, conducts its regular Sunday service at 9:30 a.m. on Sunday mornings.

Rev. Patrick McCorkle will preach. Music will be provided by Paul Frazer, soloist. Church School classes for children are in session during the morning worship to take place every other week. There will be Church School on Sunday, Nov. 8th.

On Saturday, Nov. 14th (9 a.m. - 2 p.m.), the public is welcome to join The Bethany Holiday Stroll and Rummage. There will be Christmas and other holiday items, gift baskets and packaged baked goods. There will also be plenty of rummage and bargains.

CDC guidelines will be adhered to: masks, social distancing and the number of people allowed into the sale area at any given time. The church is working with the City of Quincy's Health Department to ensure compliance.

For all events, masks and social distancing are required. There is no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to stay at home, the on-line service will be available at a later date, either on the Church website or on YouTube. To get to the church website, type in: bethanyconchurch.org and scroll down to the very bottom to find the link to the most recent service. This will give you not only the church service, but the bulletin and other information about what's going on at Bethany. Or, you can go directly to YouTube and type in Bethany Church Quincy, Massachusetts to find all of the services.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at broadhorizonsbethany.com or call 617-471-0022.

QNC Cross Country @ Frank Mooney Invitational

Sponsored by MSTCA
Highland Park, Attleboro - Nov. 1

5K COURSE

Girls meet

178 finishers

98. Aluna Coogan-Coyne 9th 22:17

153. Jennie Burgess 11th 24:21

161. Grace Cody 9th 25:37

Boys Meet

185 finishers

122. Robert Cannon 11th 18:54

139. Jack Nelson 12th 19:38

151. Jonathan Bina 11th 20:06

159. Kyle Clements 9th 20:33

166. Nathan Doyle 9th 20:50

178. Matt Hollatz 9th 22:30

181. Zach Clements 10th 22:51

Quincy Point Congregational Church

There will be online worship Sunday, Nov. 8 at 10 a.m. on the Quincy Point Congregational Church YouTube page.

There is also drive-in worship in the parking lot at QPCC, 444 Washington St. at 10 a.m. So that there is enough room in the lot, sign up at <https://www.eventbrite.com/e/127476524717>.

The next projected "drive in" worship (weather permitting) will be on Nov. 22. The church will also be taking up a collection to help re-stock the shelves at Interfaith Social Services, so if you can, bring a non-perishable food item.

Online Church School for All at begins on Sundays at 9:15 a.m. on The Quincy Point Congregational Church YouTube page. This week learn about the "Moses and Pharaoh."

Learn how to make Hoppy the frog.

Not having a holiday fair this year left many people asking, "What about Rev. Ellen's famous apples pies?" Well the church is happy to announce that apple pies will still be made this year and a couple of Thanksgiving pie favorites will be added as well (pumpkin and mince). Links to the google order form can be found on the church's social media accounts or the church can send you a form; email office@quincypoint-cong.org. Orders must be in by Nov. 15 and pick up is available for a few days before Thanksgiving (see form). Apple pies can be ordered frozen or baked fresh. 9 inch pies are \$18 and 5 inch pies are \$7.

Proceeds will benefit Interfaith Social Services.

Early Deadline For Next Week's Sun

Because of the Veterans Day holiday next Wednesday, Nov. 11, there is an early news and advertising deadline for next week's Quincy Sun.

News releases, classified and retail advertising and legal notices should be in The Sun office, 1372 Han-

cock St., by noon tomorrow (Friday) to assure publication in the Nov. 12 issue.

The Sun will go to press Monday, Nov. 9 and be circulated Tuesday, Nov. 10.

The Sun also expresses its sincere gratitude to all veterans who have served in the U.S. armed services.

READERS FORUM

Larry Norton's Legacy: For His Service To Others

I was so saddened to hear of the passing of Larry Norton.

Since the COVID pandemic started I have resorted to many phone calls with friends because that is what most of us have had to do. I spoke with Larry several times in this turbulent year and every time I spoke with him, we had a good laugh about getting older and stuff. He also told me he was very concerned over his wife's health issues. As I would say goodbye on the phone with Larry, I'd always say, "Tell Ruthie I said Hi." And he would respond, "Sure will buddy."

Larry and I had been friends for close to 25 years and we marched together

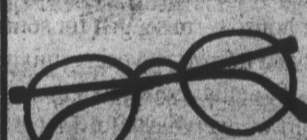
in countless Memorial Day and Veterans Day parades over the years and with many others like Tommy Bolinder who knew Larry a lot longer than me.

Veterans in Quincy always had a friend in Larry Norton. Always there lifting up spirits. No one personified what it means to be a veteran serving both his country in uniform and in the city that he loved.

For a guy who started life in Somerville, Larry Norton was 100 percent Quincy Strong. I will miss him greatly. We all will miss him greatly. His real legacy will be his service to others. Oh and that humor of his.

Sal Giarratani
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O'Donnell Reminds Homeowners Of Need To File Mortgage Discharges

Cont'd From Page 12

owner makes sure all necessary documents have been recorded at the Registry of Deeds."

"If you are looking to check your title and make sure all your mortgages have been properly discharged, Norfolk County homeowners can access the Registry's online records at www.norfolkdeeds.org. By going to the Online Research section of our website, you can verify that all mortgages associated with the property have been discharged. Please remember not having a mortgage discharged will result in a title issue and thereby impact the process of selling one's home," O'Donnell added.

O'Donnell further noted that there have been cases where no discharge has been recorded against a long paid

off mortgage. "Unfortunately, some of the lending institutions that provided funds for these mortgages are no longer in existence. In other cases, financial entities have merged with another lending institution."

If a property owner needs to retrieve an original discharge of a mortgage and is unclear which lending institution is now responsible for providing the document, an option is to contact the Massachusetts Division of Banks at 1-800-495-2265 x-1 and then x-61501. Another option is to access the Federal Deposit Insurance Corporation website www.fdic.gov. Then find the BankFind tab approximately half way down the home page, put in the lending institution in question, then click on the lending institution link and you will be able to determine who

has responsibility for the mortgage.

When recording a mortgage discharge, the original document is required. The Registry of Deeds does not accept photo copies or faxed copies of documents. The filing fee, set by state statute, is \$106.00.

In conclusion, O'Donnell said:

"After paying off all the mortgages on their property, homeowners want to know they have clear title to their property, especially if they are contemplating selling. Knowing what steps need to

be taken to ensure all paid off mortgages have been properly discharged will go a long way in giving the homeowner assurances that they have clear title to their property. I can not emphasize enough how important it is that homeowners make sure their mortgage discharge has been filed with the Registry of Deeds once their mortgage has been paid off."

The Norfolk County Registry of Deeds is staffed with a team of customer service representatives who can be reached Monday

through Friday, 8:30 a.m. to 4:30 p.m. at 781-461-6101. These representatives have been trained in researching documents and are well versed on the subject of mortgage discharges and what, if necessary, needs to be done to clear title to a property.

To learn more about these and other Registry of Deeds events and initiatives like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and instagram.com/NorfolkDeeds.

The Norfolk County

Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can call the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

Ask Barbara Graceffa: 'Secretary Of The Interior' 'The New Elegance: Stylish Comfortable Rooms For Today'

I got many emails this week telling me you wanted more decorating books to read.

New this year from Timothy Corrigan is "The New Elegance: Stylish comfortable rooms for today." Corrigan, an award-winning interior designer who works for the rich and famous from Hollywood to the Middle East, shares trade secrets for homeowners of any income level.

He explains that all homes should be both comfortable and livable as well as beautiful. I'm sure you will agree that comfortable furniture is the most important element of any room. By livable, he means that there is nothing off-limits in your home. Can you remember a time when there were certain fingertip towels in your aunt's bathroom that you were not allowed to use, never mind a parlor she did not permit anyone to enter?? Those days are gone.

Corrigan's book discloses the building blocks for successful decor. Several are the basic design elements like scale, proportion, symmetry, and the power of color, but others may not be as well-known to most.

When it comes to the topic of architectural details, Corrigan says you have to get the "envelope" right first. Pictures of his clients' homes depict crown molding, paneled walls, plaster work and medallions on the ceiling, fireplace mantels, and arched doorways. Hand-in-hand with these go the building block of impactful surfaces like mirrored or leather-covered doors and - move over subway tile - stylish tile choices for the kitchen and bath.

The role of surprise is also found in elegant homes. For example, achieve the unexpected with a living room or bathroom mirror that doubles as your television.

Add drama in a room, Corrigan advises. Think oversized furniture, lush window treatments, striking wallpaper, or stand-out light fixtures. In the backyard, add a water fountain or sculpture for some theatricality.

This book would be a great housewarming gift for someone who wants to learn about art and mirrors, layering, mixing elements, and the importance of details. Corrigan's thesis is simple: elegance should be part of everyday life. I have to agree; life is short, use your fine china!

Do you have a decorating problem needing a professional solution? Send your questions to *Secretary of the Interior* at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.



Join Our Free Virtual Advance Planning Seminar

Tuesday, November 10, 2020, at 2:00pm

Register today at www.Keohane.com

As social distancing has become the new "normal", we at Keohane needed a new way to bring our seminars to you. Attend our first-ever virtual advance planning seminar on Tuesday, November 10, at 2:00pm. Explore the benefits of making funeral plans in advance in the comfort of your own home.

To register, visit our website at www.keohane.com and fill out the registration form.

Prior to the seminar, we will send you a link with login information.

If you cannot attend, we can set up an individual phone appointment. Just give us a call at 1-800-Keohane.

Everyone who registers will receive a free Planning Guide as our gift to you.

OUR VIRTUAL SEMINAR SPEAKERS INCLUDE:

Joe Reardon
Funeral Director and Certified Pre-Planning Consultant

Ron Kearns
Esq., R.N., and Expert Nurse Attorney from Senior Resource Center, Inc.



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OBITUARIES

Patrick J. Burton, 29

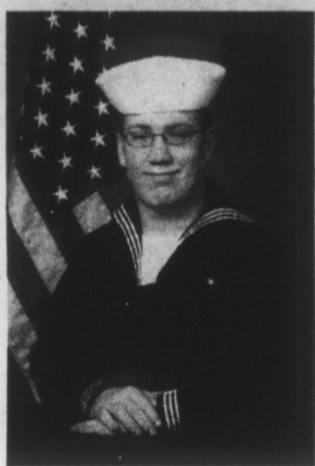
A funeral Mass for First Class Petty Officer, Yeoman (YNS1) Patrick Joseph Burton, 29, of Weymouth was celebrated Monday at Divine Mercy Parish in Sacred Heart Church, Quincy.

Mr. Burton died suddenly Oct. 8 in his home in Bremerton, WA.

He is survived by his wife Katie Pope-Burton, his father and mother Joseph and Maureen (Flynn) Burton of Weymouth, his sister Kathleen Morrison and her husband Timothy and son Oliver of Rockland, his brother Jonathan Burton and his partner Tova Pitler and daughter Shoshannah of Taunton, his sister Danielle Margatak and her husband Tom of Calgary, Canada, beloved grandmothers Virginia Stanton of Weymouth, and Edith Ross of Sneedville, TN, and his many aunts, uncles and cousins.

Also loved by mother-in-law Lori (Zimmerman) (Jim) Watkins (O'Fallon, IL), father-in-law Adam (Corryne) Pope (Boerne, TX), brothers-in-law Jeremy (Katie) Pope (Leawood, KS), Taylor (Jodi) Watkins (Wentzville, MO), and Dylan (Shasta) Watkins (Woodlawn, TN), and step-mother-in-law Laura (Bielicke) Pope (Los Angeles, CA).

Mr. Burton was a 2006 Sacred Heart School in North Quincy graduate and a proud Eagle of the class of 2010 at Boston College High School. He loved music. He loved his friends and playing the guitar. Off roading in his Jeep Wrangler. Hunting. Fishing. His dogs, Sammie and Cruz. He was a loving uncle of 8 to Oliver, Shoshannah, Alexis, Avery,



PATRICK J. BURTON

Hunter, Bryce, Raelynn, and Mason.

Mr. Burton was a proud American and a distinguished submariner with 10 years of service in the United States Navy. He served with honor, courage, and commitment. He was posted in Groton, CT and Bremerton, WA. He proudly served onboard USS California (SSN-781), USS Connecticut (SSN-22), USS Jimmy Carter (SSN-23) and was currently serving aboard the USS Pennsylvania (SSBN-735) blue. He also served for three years as a staff writer for the commodore, Submarine Development Squadron 5 (COMSUB-DEVRON FIVE).

Interment at Massachusetts National Cemetery, Bourne.

In lieu of flowers, Mr. Burton's family asks those interested to consider making a donation in Patrick's name in support of veteran suicide prevention through The 22 Project. More information can be found at support22project.org

Funeral arrangements were made by McDonald Keohane Funeral Home, South Weymouth.

Maybelle V. Rowell

Maybelle Virginia "Ginger" Rowell died at home in Quincy with her family on Oct. 24.

She was born in Weymouth on May 1, 1939. She was the daughter of the late Alice and Allen Hogge of Quincy. She was married to her beloved husband, Richard E. Rowell, who predeceased her in 1992.

Mrs. Rowell most loved spending time with her grandchildren. She also enjoyed playing Yahtzee, crocheting, and reading on her Kindle. She was a member of Generations ladies' group and attended services at Glad Tidings church in Quincy. Her pastors and friends there visited often and supported her throughout the end of her life.

She is survived by her four children: Catherine Rowell of Quincy; Rev. Melissa Rowell and husband Marc Mezzetti of Boca Raton, FL; Allen and wife Deborah Rowell of Brockton; and Alice Rowell of Weymouth. She is also survived by her precious grandchildren: Tara and her husband Shawn Dunn of Lakeville; Whitney and husband Aaron Plasket of Gray, ME; Derek Sauve and Rachel Rios of Midland, MI (great-grandchildren Olive and Mia); Jimmy Elias of



MAYBELLE V. ROWELL

Plymouth; Richard Rowell and wife Lyn Lomasi of Denver, CO (great-grandchildren Kymani, Nova, and Mekai); Tony Elias of Plymouth; and David and wife Paige Rowell of Pembroke. She is also survived by her dear friends Debra Straughn and Renee Sawlit.

A memorial service will be held at Glad Tidings Church at a future date.

Memorial donations may be made to the Benevolence Fund of Glad Tidings Church, which aided her during her illness, so that others may be helped, by check at 18 Spear St., Quincy, MA 02169 or online at gtcquincy.org/donate.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

John E. Wuerth Jr.

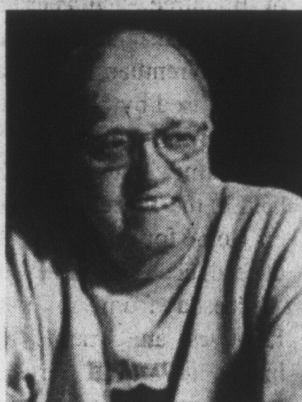
John Edward Wuerth Jr., born March 17, 1934, died Oct. 9.

Mr. Wuerth was born and raised in Quincy, son of Captain John Edward Wuerth of the Quincy Police Department and his wife Eva. He served in the U.S. Marine Corps. On June 8, 1956 he married Helen Ann Murphy at St. Anthony's Catholic Church in Cohasset.

Mr. Wuerth traveled to the Detroit, Michigan, area to find work. He brought his family out in 1966 to join him.

He was a member of the American Legion, Berkley Post #374 and he retired from Plumbers Local #98. Mr. Wuerth was an avid Detroit Lions and New England Patriots fan. He also enjoyed watching golf and boxing.

He was preceded in death by his wife of 58 years, Helen Ann, who passed away



JOHN E. WUERTH JR.

Oct. 2, 2014.

Loving father of Diane (Vince) Kliebert, John (Vickie), Michael (Lori) and Tim Wuerth, all of Michigan. Dear grandfather of eleven grandchildren and nine great-grandchildren. Dear brother of Marilyn (Greg) Riley and Barbara Habelt. Uncle to many nieces and nephews.

Funeral arrangements were made by the Gender-nalick Funeral Home, New Baltimore, Mich.

Evelyn A. Erickson, 98

A graveside service for Evelyn A. (Mastico) Erickson, 98, of Quincy was held Wednesday at 2 p.m. in Blue Hill Cemetery, Braintree.

Mrs. Erickson died peacefully Oct. 26 in Quincy.

She was a lifelong resident of Quincy. Mrs. Erickson graduated from Quincy High School in 1939. She was a bookkeeper for Howard Johnson's and retired after 47 years.

Mrs. Erickson was a member of the South Shore Viking Club of Braintree for 68 years. She was a past chief of the Stenkil Lodge. Mrs. Erickson served as treasurer for the Ladies Auxiliary of the Swedish Square and Compass Club of Boston, the Viking Seniors and Ladies Group, and the Stenkil Lodge of the Independent Order of Vikings. She enjoyed bowling, fishing, golf, cribbage, dancing, and the Boston Red Sox. Mrs. Erickson was a member of the Red Hat Society and a longtime member of the Quincy Point Congregational Church.



EVELYN A. ERICKSON

She was married to Carl H. Erickson for 63 years before his death. She was predeceased by her brothers Roy and Robert Mastico both of Quincy. Mrs. Erickson is survived by daughters and sons-in-law Carol and John Malm of Sunset Beach, North Carolina, Nancy and Bruce Shapiro of Norfolk, Janet and Eric Guimond of Hanover, and Susan and Steve Harris of Kent, England; 18 grandchildren and 15 great-grandchildren; sister-in-law Nancy Mastico of Quincy, brother-in-law Arthur Erickson of Florida and many nieces and nephews.

Visiting hours were noon to 1:30 p.m. Wednesday in Keohane Funeral Home, 785 Hancock St., Quincy.

Paul E. Pike, Jr., 72

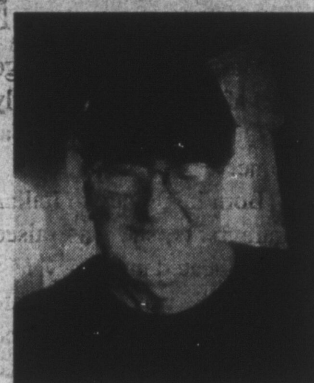
A funeral Mass for Paul Edwin Pike, Jr., a resident of Quincy, was celebrated Monday at Divine Mercy Parish in St. Ann's Church, Quincy.

Mr. Pike died peacefully Oct. 22 South Shore Hospital in Weymouth. He was 72.

Born in Weymouth on Dec. 29, 1947, he was the son of the late Paul E. and Louise N. (Bonito) Pike. Mr. Pike graduated from Quincy High School with the Class of 1965. He was a master electrician with IBEW Local 103. He was an advocate for assistance with the Iron Workers Local 7 and a lead sponsor for AA.

Mr. Pike was a good soul, full of life and had a great sense of humor. He was a jack of all trades and there wasn't a project or problem he couldn't tackle around the house. His best asset was his ability to bring the house to life, especially when decorating for the holidays. From Valentine's Day to Christmas, he did it all. Mr. Pike was an avid football fan and always made sure to purchase the cable sports package, so that he could watch all the teams play every game.

In his spare time, Mr. Pike loved shopping, surrounding himself with plants and flowers. He had so many plants, that everyone joked saying that Mr. Pike was a plant in another life. He had a big heart and



PAUL E. PIKE, JR.

was always reaching out to help others. In doing so, he touched many lives during his life's journey. Mr. Pike will be sorely missed, but surely not forgotten.

Devoted father of Christian Pike and partner Diane of Hyde Park; Justine Sonia and her husband Rick of Framingham and Jeffrey Pike and his wife Wendy of Newton. He was the loving grandfather of Kelsey, Sebastian and Sydney. Paul was the dear brother of Robert and Kenneth Pike, both of Quincy and the late baby Richard. He is also survived by loving nieces Tiffany and Kimberly McDonough and his long-time friends, Joe Parmenter and Sharon Carr.

Following cremation, Mr. Pike will be interred privately.

Memorial donations may be made to Boston Children's Hospital, 401 Park Dr., Suite 602, Boston, MA 02215.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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Norma Alibrandi

A funeral Mass for Norma (Pellegrino) Alibrandi of Quincy, formerly of Hull and Hollywood, Florida, was celebrated Wednesday at St. Mary's Parish in St. Ann's Church, Hull.

Mrs. Alibrandi died Oct. 31.

The beloved wife of the late Anthony "Tony" Alibrandi. Cherished mother of Fred Alibrandi and his wife Mary of Weymouth and James Alibrandi and his wife Dorothy of Hull. Daughter of the late John and Flora (Balduzzi) Pellegrino. Sister of the late Mary Fazio and Vera Macero. Devoted Grammie to Alaina and her husband Michael, Alyssa and her husband Michael and Anthony J. and his wife Caron. She is also Grammie to 9 great-grandchildren, Michael, Marco, Tony, Montana, Christian, Luke, Antonio, Hudson and Sienna. She leaves behind her dear friend and longtime neighbor Frannie Slotnick. Mrs. Alibrandi left a positive impact on the lives of her many nieces, nephews and godchildren. She was fondly referred to as Grammie or Auntie Norma.

She was born in Boston and grew up in Somerville. In 1946 she married the love



NORMA ALIBRANDI

of her life Anthony J. Alibrandi and they later moved to Hull where they raised their family. Mrs. Alibrandi worked as a bookkeeper throughout the years and retired in the '80s. During her retirement they moved to Seminole Park in Hollywood, Florida where she and Tony enjoyed the beautiful weather, great friends and Norma's favorite bocce!

In 2000, Norma and Tony moved back to Massachusetts and lived at 80 Clay St. in the Wollaston section of Quincy, where she provided loving care for her husband as his health declined. In 2019, Mrs. Alibrandi moved to the Fenno House on Hancock Street.

She was a talented painter who studied under Liz Baglione. In addition to her painting, she was also an

antique dealer, along with her dear friend Frannie Slotnick, together they opened "Grammies Den."

Mrs. Alibrandi loved dancing, quilt making, and bingo. A very active member at the Fenno House, Norma had a fierce competitive spirit and was a skilled poker player, she enjoyed all types of board games and activities.

A devout Catholic, Mrs. Alibrandi had a very special place in her heart for St. Mary's Parish in Hull and instilled her strong faith in her family. The foundation of her life was her family, they were the cornerstone of all that was truly important to her. She loved to be surrounded by them. Although they are broken hearted at their loss, they feel fortunate for all the blessings she brought into their lives. She will live on in the hearts that love her so very much.

Interment at Hull Village Cemetery.

Memorial donations may be made to the Home For Little Wanderers, 10 Guest St., Boston, MA 02135

Funeral arrangements were made by Pyne Keohane Funeral Home, Hingham.

Robert P. O'Brien



ROBERT P. O'BRIEN

A funeral Mass for Robert P. O'Brien of Abington, formerly of Quincy, will be celebrated at 10 a.m. Friday at Divine Mercy Parish in Saint Ann's Church, Quincy. Mr. O'Brien died Oct. 27.

He grew up in Dorchester and attended Dorchester High School, where he excelled in track and baseball. He and his wife Nancy moved to Quincy where they raised their family. Mr. O'Brien went on to own and operate the Windsor English Muffin Company and later worked for Venus Wafer Company in Hingham before retiring.

He adored his nine grandchildren and was their biggest fan at the many baseball, basketball, soccer games and gymnastics meets he attended. Mr. O'Brien was passionate about rescuing greyhounds and enjoyed spending time

at the park with his dog Mort, and previously with Zach and Sammy. He was an elaborate storyteller and often spent hours entertaining his family with many fascinating accounts of his life. He was truly one of a kind, and made friends wherever he went. Mr. O'Brien will be remembered as a generous, loyal, and loving husband, father, grandfather and friend.

He is survived by his beloved wife Nancy (Morris) O'Brien of Abington, formerly of Quincy. Loving father of Robert O'Brien Jr.

and his wife Katie of Whitman, Catherine Doyle and her husband Jamie of Weymouth, Liz Hamel and her husband Craig of Windham, ME, and Carolyn Mullen of Abington. Son of the late John F. O'Brien and Helen (Devine) of Dorchester. Brother of the late John O'Brien and Helen Malley. Cherished "Grampa" of Hayley, Kristen and Jack Doyle, Matthew and Rebecca Hamel, Leo and Alex Mullen, and Declan and Norah O'Brien. He is also survived by several nieces and nephews.

Visiting hours are 8:30 to 9:30 a.m. Friday at Keohane Funeral Home, 785 Hancock St., Quincy.

There will be a private burial at a later date.

Memorial donations may be made to Greyhound Friends, Inc. info@greyhound.org, or any animal shelter.

AAA: More Emphasis on Safety Now That Daylight Savings Time Has Ended

AAA Northeast reminds motorists that they should not fall back into bad driving habits with the end of daylight savings time last Sunday.

Drivers need to be focused on the road and pre-

pared for earlier sunsets. The dangers of drowsy driving and the challenges of driving in the dark are always present but never more so than when drivers suddenly find changing conditions.

A AAA Northeast analysis of crash data from 2015 to 2019 shows that Massachusetts drivers are more likely to crash immediately after clocks are moved back. In the two weeks following

Cont'd On Page 24

Marie Benedetti, 93

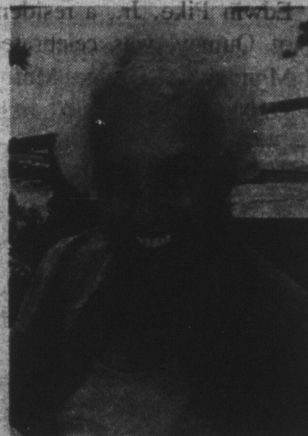
Marie Benedetti, age 93, of Braintree, formerly of Quincy, died Oct. 31 at home.

Born in Quincy to Italian immigrants, she was raised and educated in Quincy. Ms. Benedetti was a graduate of Quincy High School and Radcliffe College. She had lived in Braintree for over fifty years.

Ms. Benedetti was employed as an executive for the former New England Telephone Company for many years. Following her retirement, she served as an administrative assistant to the chief in the office of the Braintree Fire Department.

She was a longtime member of the Telephone Pioneers of America.

Ms. Benedetti was a wonderful and talented pianist, and loved spending



MARIE BENEDETTI

time with her family and friends. She was a source of joy, kindness, comfort, wisdom, and faith to those who were fortunate to have known her.

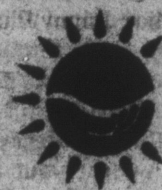
Beloved daughter of the late John and Rita (Ciardelli) Benedetti. Devoted sister of A. Jean Marinelli of Quincy and the late Louise E. Logan.

Ms. Benedetti is also survived by her loving nephews, Frank A. Marinelli, Esq. and his family of Braintree, and Peter S. Marinelli, Esq. and his family of Wrentham. She was predeceased by her nephew, John P. Marinelli.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Wednesday from 5 to 7 p.m. Relatives and friends are invited to attend. Services are operating in accordance with current guidelines.

Graveside services at Mount Wollaston Cemetery, Quincy, will be conducted privately.

Memorial donations may be made to South Shore Elder Services, 1515 Washington St., Braintree, MA 02184.



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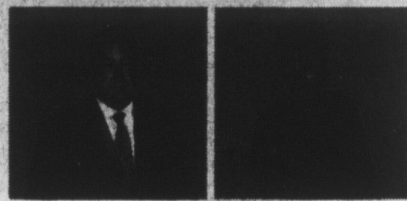
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AAA: More Emphasis on Safety Now That Daylight Savings Time Has Ended

Cont'd From Page 23

the time change, there was a 65 percent increase in crashes during the 5 p.m. hour. During the same period, there was an increase of more than 400 percent in pedestrian crashes during

the 5 p.m. hour — a more-than five-fold increase.

"Drowsy driving is a significant traffic safety issue," said Mary Maguire, director of Public and Legislative Affairs for AAA Northeast.

The time change can lead to disrupted circadian

rhythms and loss of sleep. According to AAA Foundation for Traffic Safety research, losing one to two hours of sleep doubles your crash risk, and an individual operating a vehicle with five hours of sleep or less in a 24-hour period faces the

same crash risk as someone driving drunk.

Although the end of daylight saving time highlights the dangers of drowsy driving, it's a major problem no matter the time of year. According to the AAA Northeast analysis, more than 9,500 drowsy driving crash-

es were reported in Massachusetts between 2015 and 2019 where "fatigued/sleep" was listed as a contributing circumstance. That's equivalent to a crash involving drowsy driving every five hours. Of those crashes, more than 3,700 involved injuries — or 40 percent of drowsy driving crashes.

And human beings are slow to adapt to new sleep patterns. The analysis showed that four weeks following the time change between 2015 and 2019, the increase in crashes remained elevated with a 54 percent increase in crashes during the 5 p.m. hour and a 288 percent increase in pedes-

trian crashes.

According to AAA Foundation for Traffic Safety research:

- Ninety-six percent of motorists view drowsy driving as very or extremely dangerous, but 24% admitted to driving when they were so tired that they had a hard time keeping their eyes open at least once in the previous 30 days before the survey (2019 Traffic Safety Culture Index).

- Drivers who have slept for less than 5 hours have a crash risk comparable to someone driving drunk.

- Drivers who miss one to two hours of sleep can nearly double their risk for a crash.

AAA recommends that drivers:

- Should not rely on their bodies to provide warning signs for drowsiness and should instead prioritize getting at least seven hours of sleep before hitting the road.

- Travel at times of the day when they are normally awake.

- Avoid heavy foods.
- Avoid medications that cause drowsiness or other impairment.

Driving in the Dark & Headlights

"Dark conditions can make it harder to see when driving. Lack of visibility can make for unsafe driving conditions. As we adjust to the end of daylight savings time, it's a good time to check the illumination of your headlights," Maguire said.

- With 50% of crashes occurring at night, drivers should check their headlights for signs of deterioration and invest in new headlights or, at a minimum, a low-cost service visit to boost the safety of driving after dark.

- Headlights can show signs of deterioration after 3 years but most commonly by year 5.

- AAA suggests drivers check their headlights for changes in appearance such as yellowing or clouding. If the bulb is difficult to see, it is time to have the lens replaced or restored as soon as possible.

- Replacement and restoration services are available at most repair shops, including AAA Approved Auto Repair facilities.

- Do-it-yourself restoration offers some savings for consumers, is relatively simple, and provides a sufficient improvement in light output.

- Make sure headlights are correctly re-aimed to maximize forward lighting performance and minimize glare to oncoming and preceding drivers.

- Compensate for re-

Cont'd On Page 25

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P2520EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Sel Bin Lee
Also known as:
Sel B. Lee
Date of Death:
05/29/2019

To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Flora Lee of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Flora Lee of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 12/02/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: October 27, 2020
PATRICK W. McDERMOTT
Register of Probate

11/5/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P2542EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Warren A. Batchelor
Date of Death:
05/14/2020

To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Charles Batchelor of Plymouth, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Charles Batchelor of Plymouth, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 11/25/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: October 21, 2020
PATRICK W. McDERMOTT
Register of Probate

11/5/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P2507EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
James J. Cadegan
Date of Death:
07/18/2001

To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Theresa A. Cadegan of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Theresa A. Cadegan of Quincy, MA be appointed as Personal Representative(s) of said estate to serve With Personal Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 11/18/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: October 15, 2020
PATRICK W. McDERMOTT
Register of Probate

11/5/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P2510EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Dorothy C. Driscoll
Date of Death:
06/28/2015

To all interested persons:
A Petition for Late and Limited Formal Testacy and/or Appointment has been filed by Catherine M. Adlan of Littleton, CO requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Catherine M. Adlan of Littleton, CO be appointed as Personal Representative(s) of said estate to serve With Personal Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 11/18/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: October 15, 2020
PATRICK W. McDERMOTT
Register of Probate

11/5/20

LEGAL NOTICE

CITATION ON PETITION TO MODIFY BOND

G.L. c. 190B, §3-604

Docket No. NO88P0438T2

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

In the matter of:
Thomas J. Fantasia
Date of Death:
02/19/1988

To all interested persons:
A Petition has been filed by J. Michael Roberts, Esq. of Hanover, MA requesting that the Court enter a Decree and Order modifying the bond of the Personal Representative and for any other relief as requested in the Petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on 12/02/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

The estate is being administered by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: October 27, 2020
PATRICK W. McDERMOTT
Register of Probate

11/5/20

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Quincy Woman Dies After Being Struck By Vehicle In Wollaston

By SCOTT JACKSON

A Quincy woman died after being struck by a vehicle Monday evening in the Wollaston section of the city.

First responders were

called to the intersection of Elmwood Avenue and Arlington Street around 6 p.m. Monday after a pedestrian was struck by a vehicle. The pedestrian, identified as 51-year-old Miaoqun Rong

of Quincy, was taken to Carney Hospital in Boston where she succumbed to her injuries, police said.

The driver of the vehicle involved in the crash, a 69-year-old Quincy man,

remained on scene was cooperating with investigators, police said.

The crash remained un-

der investigation by Quincy police and the Norfolk District Attorney's Office Tuesday morning. Anyone with

information that may assist in the investigation is asked to call the police department at 617-479-1212.



A VOTER casts a ballot at the Thomas Crane Public Library during Tuesday's election as a poll worker looks on. The library serves as the polling place for Ward 1 Precinct 3. City Clerk Nicole Crispo forecasted a voter turnout of 75 percent of the city's 63,787 registered voters. The main ballot draw was the race for the White House between incumbent President Donald Trump and Democratic challenger Joseph Biden. Election results were not available Tuesday as The Quincy Sun went to press. The Sun will post results when available on its website: www.TheQuincySun.com as well as in print in an upcoming issue.

Quincy Sun Photo/Robert Bosworth

OBITUARY

Mary E. Bonish, 61

Mary E. (Hogan) Bonish, age 61, of Randolph, formerly of Quincy, died peacefully Nov. 1, surrounded by her loving family, after a courageous battle with cancer.

Born in Albany, N.Y., Mrs. Bonish grew up in Quincy and graduated from Quincy High School. She then went on to graduate from Boston College earning her Bachelor's degree. Mrs. Bonish worked in computer system development for many years at the Bank of Boston, and most recently for a health care company.

She was a very active member of the First Congregational Church in Randolph, where she was involved with the music ministry as a musician and soloist. She was multitalented including crocheting,



MARY E. BONISH

sewing and gourmet cooking.

Mrs. Bonish was most happy when spending time with her family and friends. A devoted daughter, sister, aunt, great aunt and friend, Mrs. Bonish will be greatly missed by all who were blessed to have known her.

She was the daughter of the late Paul and Agnes (Martin) Hogan. Devoted sister of Jane Holdredge and her husband Charles of RI, Donna Rines of Quincy,

Patricia Massey and her late husband Frank of OH and the late Brenda Kelly, Thomas Hogan and Loren Hogan. Dear sister-in-law of Walter Kelly of FL, Sue Hogan of WV and Joann Hogan of PA. Also survived by many nieces, nephews, great nieces and great nephews and her church family.

Visiting hours were 4 to 7 p.m. Wednesday in Cartwright Funeral Home, Holbrook.

A private funeral service will be held Thursday at 11 a.m. and will be live streamed on the funeral home website under Mrs. Bonish's obituary page.

Interment will be private.

Memorial donations may be made to the First Congregational Church Music Program, c/o First Congregational Church, 1 So. Main St., Randolph, MA 02368.

Safety Now That Daylight Savings Time Has Ended

Cont'd From Page 24

duced visibility by decreasing your speed and increasing following distance to four or more seconds behind the car in front of you.

• Older drivers should recognize that at age 60 it takes three times more light to see the roadway than it did at age 20, and if possible plan driving times accordingly.

• Keep your eyes moving. Do not focus on the middle of the area illuminated by your headlights. Watch for sudden flashes of light at hilltops, around curves, or at

intersections, because these may indicate the presence of oncoming vehicles.

• Look at the sides of objects. In the dim light, focus on the edges or outlines of objects. Your eyes can pick up images more sharply this way than by looking directly at the object.

• Avoid being blinded by oncoming high beams. If the driver of an oncoming vehicle fails to dim the lights, look down toward the right side of the road. You should be able to see the edge of the lane or the white-painted edge line and stay on course until the vehicle passes.

Kennedy Center

November QATV Programming Schedule

All programs listed below will be aired on Channel 9

MONDAYS

12:30 p.m. - Finding Strength & Balance with Maggie Episode #1

12:45 p.m. - Finding Strength & Balance with Maggie Episode #2

TUESDAYS

9 a.m. - Balance Class for Adults Over 60

10 a.m. - Exercise with Karen

12:30 p.m. - Eldy's Yoga

WEDNESDAYS

12:30 p.m. - Finding Strength & Balance with Maggie Episode #2

12:45 p.m. - Finding Strength & Balance with Maggie Episode #3

1 p.m. - Zumba Gold with Mary Ellen Reardon

THURSDAYS

9 a.m. - Healthy Bones & Balance

10 a.m. - Exercise with Karen

12:30 p.m. - Eldy's Yoga

FRIDAYS

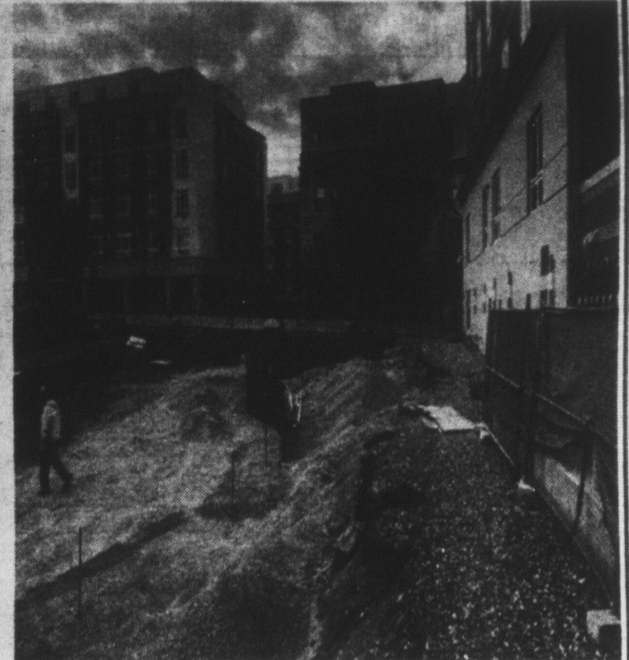
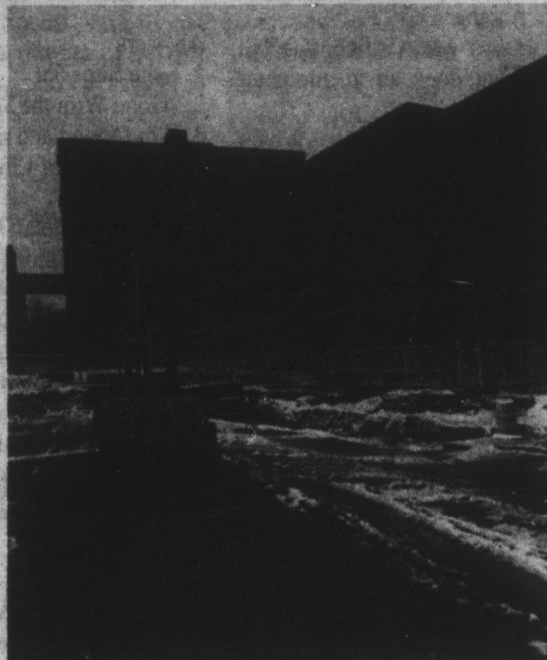
12:30 p.m. - Finding Strength & Balance with Maggie Episode #2

12:45 p.m. - Finding Strength & Balance with Maggie Episode #3

1 p.m. - Zumba Gold with Mary Ellen Reardon

Downtown Construction Activities

Proposed work activities for the week of November 1st, 2020



- Work continues at 25 Temple St on Washington St for the new building foundations. The sidewalk along Temple St remains closed during construction with the continued pedestrian detour. Businesses in this area remain open during construction.
- Construction continues to the north and south foundation walls at the General's Bridge project. The contractor will continue construction of the new bridge decks that span the MBTA tracks.
- The contractor at the General Dunford Drive project will continue installing new curbing, light pole bases, and constructing the foundation of the future serpentine bench. The section of sidewalk along Hancock St remains closed adjacent to the site. The temporary pedestrian detour remains in place. Pedestrians should continue to cross the street at the crosswalk before the project area.
- The contractor will continue underground electrical and communication improvements for the General McConville Way project this week into Granite St. The contractor will be installing new light pole bases, curbing, and secondary electrical conduits at the southern section of McConville Way. A temporary paved ramp remains in place along Rossway while the road remains open. Vehicles are requested to slow down and use caution when entering Rossway, and when entering and leaving the Messina Lot. This section of Rossway will remain open while the contractor continues to work on the southern section of McConville Way.

(The photo on the above left is a picture of a drill rig installing new monitoring wells in the McConville Way area. The photo on the above right is a picture of the new serpentine bench foundation at the future pocket park adjacent to General Dunford Drive.)

<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4646 or email at: pmccarthy@woodardcurran.com

SUN FUN PAGES

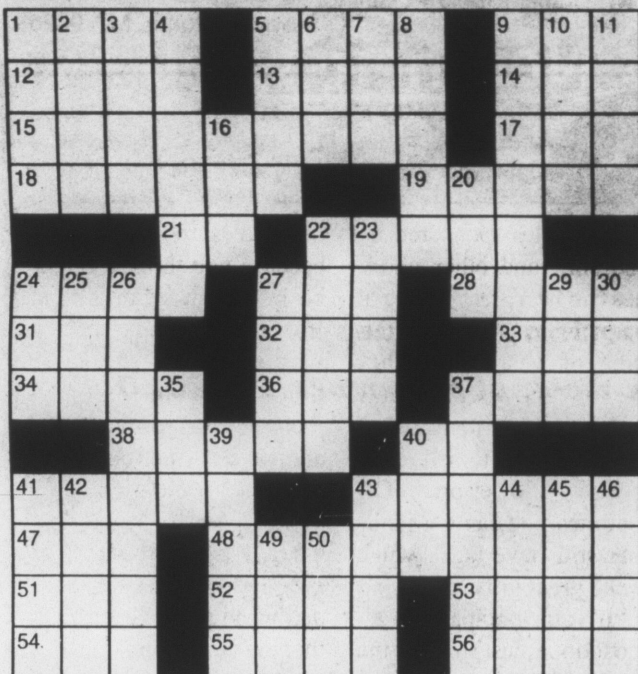
King Crossword

ACROSS

- 1 Coagulate
- 5 Chooses
- 9 Evil
- 12 Staffer
- 13 Father of Japheth
- 14 Time of your life?
- 15 Battle zone, often
- 17 Member of a pride
- 18 Unsophisticated
- 19 Creates
- 21 Yon bloke
- 22 Use
- 24 Cage components
- 27 Cattle call
- 28 Glasgow gal
- 31 Retirement plan acronym
- 32 Museum fill
- 33 Agt.
- 34 Quarter-bushel
- 36 Where — at
- 37 Crucial time
- 38 Fate
- 40 Circle ratio
- 41 Alamo combatant
- 43 More considerate
- 47 — -Locka, Fla.
- 48 Half a golf course
- 51 Prohibit
- 52 Green land
- 53 Sportscaster Andrews
- 54 On in years
- 55 Judicial garment
- 56 Start over
- 10 Chills and fever
- 11 Society newcomers
- 16 Definite article
- 20 Completely
- 22 Heart line?
- 23 Cookware
- 24 Rend
- 25 Anger
- 26 Contrarily
- 27 Cripple
- 29 Vast expanse
- 30 Bond, for one
- 35 Chiang — -shek
- 37 Main meal
- 39 Allude (to)
- 40 Orchestra's location
- 41 Newsom of baseball lore
- 42 October birthstone
- 43 Dandling site
- 44 Tragic
- 45 Oklahoma city
- 46 Former attorney general
- 49 Carnival city
- 50 Sphere

DOWN

- 1 Eatery
- 2 Old Italian money
- 3 Smell
- 4 Cents to dimes, or dimes to dollars
- 5 Sans siblings
- 6 Luau bowlful
- 7 Author Amy
- 8 Sometime
- 9 BBQ site, often



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MAGIC MAZE • LANDFORMS

N G D A X V S D I P A R S P N
 K I F C A E S C A R P M E N T
 X V S B A Y O U C Q O L J H E
 E C A X V N T H M R P N L J H
 F S D N B Y I X V H D T R P K
 O M S K O P H S F N T I G N E
 D B Z A E O X G A F L S O W U
 T R Q L V O G L U B U L I N L
 L L A F R E T A W O L L O H J
 I G G F D E R C L A L Y B T X
 O W V T W S R C P O A S E M A

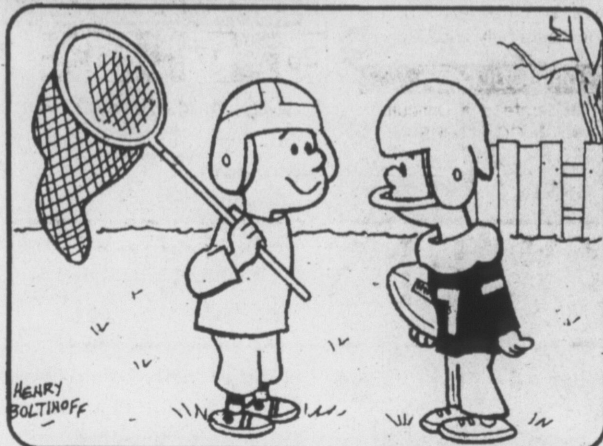
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: CEDAR —, IA

Archipelago	Bluff	Isthmus	Slough
Atoll	Crevasse	Knoll	Waterfall
Basin	Escarpment	Lagoon	Wetland
Bayou	Hollow	Mesa	

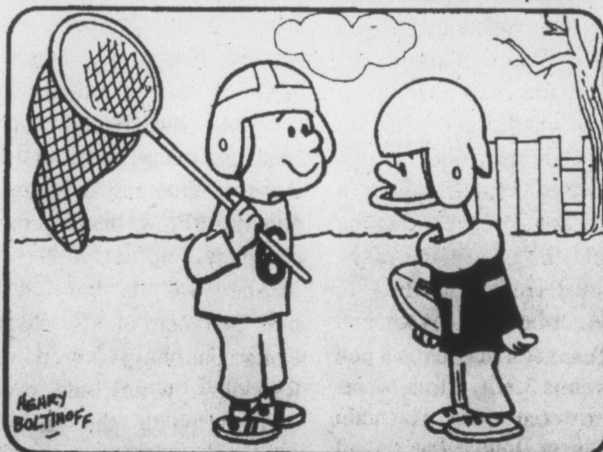
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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Cloud is added. 2. Grass is missing. 3. Boy on left is taller. 4. Tree is in front of fence. 5. Nose is larger. 6. Number added to shirt.

Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: Which of the Great Lakes is the largest in surface area?
2. LITERATURE: Which 20th-century novel's working title was "Tomorrow Is Another Day"?
3. MEASUREMENTS: What does an anemometer measure?
4. TELEVISION: Which 1980s sitcom featured the characters Mrs. Garrett, Tootie and Jo?
5. ENTERTAINERS: Which singer was born with the name Stefani Joanne Angelina Germanotta?
6. ADVERTISING: Who is the mascot of the snack brand Cheetos?
7. ANATOMY: How much blood does the average human have?

8. MOVIES: What was the name of the 1993 movie in which actor Tom Hanks plays a lawyer with HIV?
9. U.S. STATES: What is the official state bird of Minnesota?
10. ASTRONOMY: Which planet in our solar system has the largest moon?

- Answers
1. Lake Superior
 2. "Gone With the Wind"
 3. Wind speed and pressure
 4. "The Facts of Life"
 5. Lady Gaga
 6. Chester Cheetah
 7. 1.2 to 1.5 gallons
 8. "Philadelphia"
 9. Common loon
 10. Jupiter, with the moon Ganymede

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Wishing Well®

2 6 8 7 4 6 5 4 7 2 5 8 6
 E J N F R O H E I N A E Y
 5 6 3 5 2 3 8 7 2 7 3 8 5
 N O F G D U W N A I T B I
 2 3 5 6 4 8 5 2 5 7 8 3 7
 N U N U M R T O H S I R H
 6 7 3 8 6 4 8 4 6 4 5 4 6
 S P E D D A G I A N E P Y
 2 4 3 2 4 7 6 5 7 2 6 7 2
 L O C D I R S R O F A J E
 7 2 4 3 8 6 7 5 7 8 6 4 8
 E U S R E H C E T T E E O
 6 7 4 8 3 6 2 3 8 3 8 3 8
 A S D L U D D I O S V E E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don't lose patience with those who are still not ready to act.

TAURUS (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.

GEMINI (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.

CANCER (June 21 to July 22) You might have to defend a workplace decision you plan to make. Colleagues might back you up on this, but it's the facts that will ultimately win the day for you. Good luck.

LEO (July 23 to August 22) The Big Cat's co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle persuasion will prove to be more effective.

VIRGO (August 23 to September 22) Someone you care for needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.

LIBRA (September 23 to October 22) While you're to be admired for how you handled recent workplace problems, be careful not to react

the same way to a new situation until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take things one step at a time as you work through it.

SAGITTARIUS (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don't reject them without checking them out.

CAPRICORN (December 22 to January 19) Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they'll land before leaping off a mountain path.

AQUARIUS (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.

PISCES (February 19 to March 20) Your recent stand on an issue could make you the focus of more attention than you would like. But you'll regain your privacy, as well as more time with loved ones, by week's end.

BORN THIS WEEK: You're a good friend and a trusted confidante. You would be a wonderful teacher and a respected member of the clergy.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: A equals O

B D H K A R Y A D D B X N L E J P N V V A I P,
 B K J N R E W N B Y I A E T V T A A F T B F N
 H X H R N A D L T H X F W H B T.

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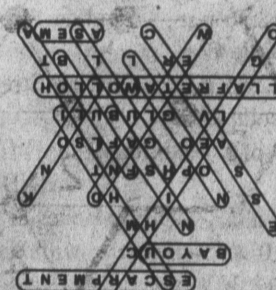
King Crossword

Answers

Solution time: 25 mins.



Magic Maze ANSWERS:



CryptoQuip answer

a case of blackmail. I presume it would look like a post office burned down.

N
O
V

5

2
0
2
0

Super Crossword

ARE NOT!

ACROSS

- 1 Rigs out
7 Beer holder
10 IRS worker
13 Not passive
19 India's largest city
20 Made embarrassed
22 Jumped ship
23 Affixing, as gift wrap
24 Marionette doing some undercover police work?
26 Billy of "The Phantom"
28 London botanic gardens site
29 Fine distinction
30 YouTube upload on how to cook clams and rice?
36 Use a beam on in surgery
37 "La Cage — Folies"
38 Of Peruvian peaks
39 Pickle option
41 Buddha statue, e.g.
45 Elated
47 Lodgings for wayfarers
48 Schnozz or Motor ender

DOWN

- 49 MGM Grand, e.g.
51 "Scarface" inspirer
54 Discoloration on the biceps or triceps?
56 Meshwork
57 Razor cut
59 Closet rackful
60 Journal
61 Fashion designer Anna
62 Ionizable gas
63 Vast period
64 It may zoom
65 Simply being declared?
70 Gradually stop nursing
72 Back rub response
73 Paper unit
74 TV camera movement
75 CIO partner
76 "Make — what you will"
78 Hobbyists' buys
79 When to call it a night
83 Deluge's waters
86 Successfully mimics
87 Struck lightly
88 Chapel vow

DOWN

- 1 Triage pro
2 In the function of
3 Ball caller
4 Spanish island known for its nightlife
5 Country west of Colombia
6 Record one's arrival
7 Fez, for one
8 — Dhabi
9 Spill catchers
10 Berated
11 Kitty cat, e.g.
12 Hoo-has
13 Addis —
14 Ethiopia
15 Puts in a role
16 Golf ball brand
17 Tennis great
18 Nastase
19 A/C opening
20 Uptight
21 Hotfooted it
25 Of no value
27 Last section
30 "Cosmos" host Carl
31 Veil fabric
32 Dead-on
33 Trait carrier
34 U-Haul unit
35 Adds lube to
40 Sugar in milk
42 Gave a ring
43 Leek relative

DOWN

- 44 Years (for)
46 Nissan, once
49 Middle grade
50 Biblical beast
52 12-time
53 Tending to the situation
54 Relatively small oinker, for short
55 Dryer debris
57 "Steve Jobs" star Rogen
58 Whole bunch
62 Really tidy type
63 Roa, e.g.
64 Pre-Easter
65 Shoddy car
66 Earth, personified as a goddess
67 Rebel Turner
68 Mimics
69 Wee bits
70 Floats in the air
71 D sharp sound-alike
76 Lyric verse
77 "Skip ahead" abbr. on
a music player
78 Result of education
79 Novelist
Honore de —
80 Tokyo-based truck maker
81 French artist Edouard
82 Letters with curves
84 Audition not closed to anyone
85 Brain product
86 Cabaret singer Edith
89 Jacuzzi and whirlpools
90 Feel poorly
93 — confidence
95 Gabor who lived to be 99
96 Confidence
99 "Little Men" actor Jack
100 Loin cut
102 FDR's Scottie
103 Some hotels and old cars
104 Fed. food safety org.
105 Dele undoer
106 Really tired
107 Flows back
111 Its cap. is Vienna
112 Dove noise
113 Boxing stats
115 Malted quaff
116 Diver's goal
117 NYC hrs.

celebrity extra

by Dana Jackson

Q: So I know pictures of actress Lily James surfaced of her spending time with a married man, but was she dating Chris Evans at the time these PDA photos came to light? Did Lily James cheat on Chris Evans? -- B.P.

A: I don't believe so. Lily James ("Cinderella," "Downton Abbey") and Chris Evans ("Captain America") were photographed together in London this past summer, but it appears it was just a fling. The married man you're referring to is British actor Dominic West. The two made the tabloids recently when James rode on the back of West's scooter in Rome during a break from filming their upcoming series, "The Pursuit of Love." West, who is married to an heiress, reportedly told James that he and his wife had an open marriage. I believe this was news to the wife.

As for Evans, I wouldn't worry about him getting his heart broken. He has a reputation as a nice guy and has been spotted with several beautiful ladies since his split with actress/comedian Jenny Slate ("Gifted") several years ago.

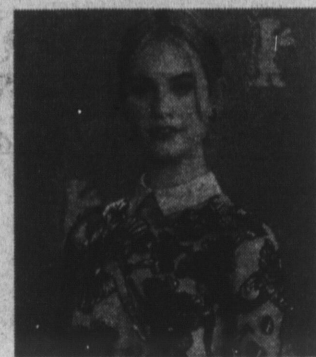
Q: Whatever happened to actress Eva Mendes? I just realized I haven't seen her in anything in years. -- K.M.

A: It's been six years since Eva Mendes has acted, but she has a good excuse: motherhood. After her starring turn in the Denzel Washington film "Training Day," Mendes became an A-list actress, landing film after film. In 2012, she acted opposite Ryan Gosling and fell in love. The couple went on to have two children together, and Mendes took a break from the spotlight. When Gosling was nominated for an Academy Award, Mendes didn't walk the red carpet with him because she said she'd rather stay home with their girls.

Mendes met Gosling while filming the movie "The Place Beyond the Pines" in 2012. She did hint in a recent interview that she's considering a return to acting now that her children are a little older, saying she'd love to play a Disney villain someday.

Q: Is Joe Giudice still living in exile in Italy? Is there any chance he'll be able to live in the United States again? -- W.G.

A: Even though "Real Housewives of New Jersey" star Joe Giudice had lived in the United States since he was an infant, he never became a legal U.S. citizen. After being convicted of various fraud charges and serving his



Lily James

Photo credit: Depositphotos

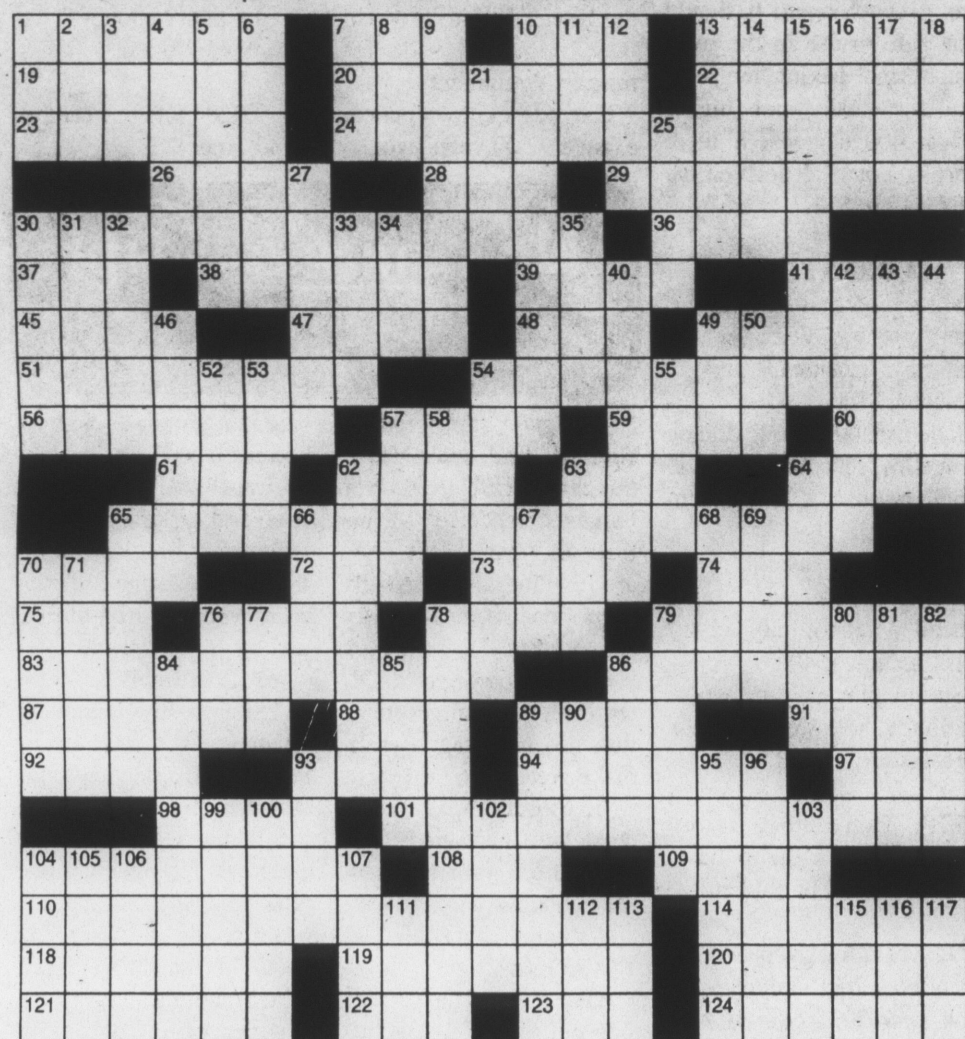
sentence, the judge ordered him to return to his native Italy. His four heartbroken daughters visited him, along with estranged wife Teresa Giudice, who still appears on "RHONJ." It's been a year since his banishment, so it doesn't appear the law will change its mind.

Joe announced that he's currently in the wholesale furniture business and is training for a celebrity boxing match. He longs to visit the U.S., though, where his family is, but has accepted his fate.

As for Teresa, a new season of the "Housewives" franchise will air sometime in 2021, having been delayed like most Hollywood productions due to the pandemic.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|---------------------|-------|----------------------|-------|
| 1. Gut feeling | — N — | Starsky's partner | — T — |
| 2. Gloomy and dull | — R — | Starry-eyed | — M — |
| 3. Huge telescope | — U — | Walk awkwardly | — O — |
| 4. Circular map | — B — | Catcher's mitt | — V — |
| 5. Go away, cat! | — M — | Leftover food morsel | — P — |
| 6. Iciness | — S — | Forward-facing | — N — |
| 7. Vegetable patch | G — | Prison dean | W — |
| 8. Provide evidence | — V — | Writing style | — S — |
| 9. Leisure pursuit | H — | Hotel foyer | L — |
| 10. Concoct | — V — | Bent on | — T — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

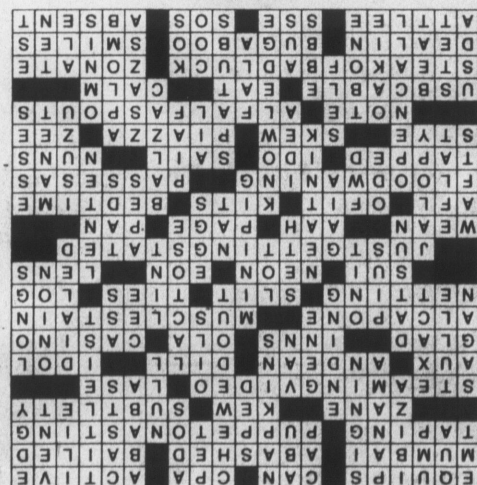
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers

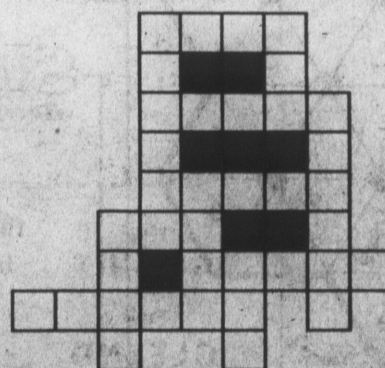


Even Exchange answers

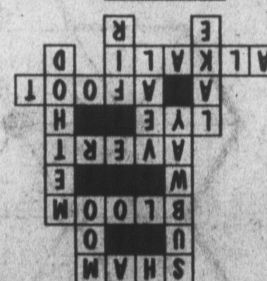
- | | |
|-------------------|--------------------|
| 1. Hunch, Hunch | 10. Invent, Invent |
| 2. Dreamy, Dreamy | 9. Hobby, Lobby |
| 3. Hubby, Hobbie | 8. Prove, Prose |
| 4. Globe, Glove | 7. Garden, Warden |
| 5. Scram, Scrap | 6. Frost, Front |



- IRF
TEDOHM
LONBO
♥ASMH
KALLIA
ELY
♥AVLE
TOFOA
OMO
BYSWUA
VATRE
♥EKLA

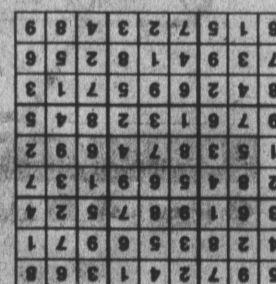


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer

N
O
V

5

2
0
2
0

Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



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"So, the only distinguishing mark your husband has is _____ hands?"

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag.

Charm
DEUCES

Soothe
PALECAT

Large
GYMHIT

Fable
GLEEND

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2	1	5	3	1	2
5	4	1	3	4	5	4	1	3	4
3	4	3	1	5	3	4	3	1	5
4	4	2	3	3	4	4	2	3	3
2	1	5	4	4	2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

2	4	4	4	5	3
4	3	5	1	2	2
6	2	1	4	1	1
5	4	6	4	4	2
1	4	2	3	1	6
3	5	1	5	6	4

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Does COVID Restrict Travel With Pets?

DEAR PAW'S CORNER:

I'm driving from New York to Colorado for a long-term contract job, and my two dogs will be coming with me. My roommate in New York is flying with my cat about a week later, because I don't think my cat will do well on a long car trip (and I'm worried about her escaping). Are there any restrictions on pets traveling by plane or staying in hotels at this time? -- Beth G., Brooklyn

DEAR BETH: It sounds like you're doing your planning well in advance, and that's great.

Your dogs should be secured in the car while you're traveling. Depending on their size and the type of car, they can be placed in a large kennel cage in the cargo area (with comfy beds, chew toys and access to water). Or they can

stretch out on the back seat -- use a restraint device designed to keep dogs from sliding around the car or escaping from the vehicle.

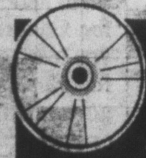
Many hotels are pet-friendly and have modified their cleaning procedures so that the hotel rooms will be clean and ready for the next guest. And more good news: Your friend and your cat can probably travel together in the airline cabin, as long as your cat is in a carrier (hard or soft sided) that will fit underneath the seat in front of your friend. (Some airlines are no longer shipping pets in the cargo area due to the disrupted flight schedules.)

Book the airline seat with a pet option as soon as possible. Airlines allow a limited number of pets to travel in the cabin, even in a carrier. Those slots may fill up fast.

Likewise for hotels: Book the rooms as soon as possible so that you know a pet-friendly room is waiting for you and your dogs.

Send your tips, comments and questions to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of Nov. 2, 2020

- Top 10 Video Rentals**
1. Ava (R) Jessica Chastain
 2. Hocus Pocus (PG) Bette Midler
 3. An Imperfect Murder (R) Sienna Miller
 4. Happy Halloween, Scooby-Doo (NR) animated
 5. Then Came You (PG-13) Kathie Lee Gifford
 6. Alone (NR) Jules Willcox
 7. Tim Burton's The Nightmare Before Christmas (PG) animated
 8. The Doorman (R) Ruby Rose
 9. Into the Labyrinth (NR) Dustin Hoffman
 10. The Secret Garden (PG) Dixie Egerickx

Top 10 DVD, Blu-ray Sales

1. Harry Potter Complete 8-Film Collection (PG-13) Warner Bros.
2. Hocus Pocus (PG) Disney
3. The Nightmare Before Christmas (PG) Disney
4. Friday the 13th Collection Deluxe Edition (R) Shout! Factory
5. The Office Complete Series (TV-14) Universal
6. Beetlejuice (PG) Warner Bros.
7. Batman: Death in the Family (R) Warner Bros.
8. Star Trek: Picard -- Season 1 (TV-MA) Paramount/CBS
9. It: Chapter One (R) Warner Bros.
10. Trolls World Tour (PG) Universal/Dreamworks

Source: Comscore/Media Play News

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Hitori answer

4	6	9	5	1	3
9	1	4	2	3	1
5	4	6	4	4	2
6	2	1	4	1	1
4	3	5	1	2	2
2	4	4	4	5	3

SCRAMBLERS

Today's Word

1. Seduce 2. Placate

3. Mighty 4. Legend

5. Placate 6. Legend

7. Legend 8. Legend

9. Legend 10. Legend

MORE FUN

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

No matter where your vote is on the political spectrum, I think we can all agree that this election season has been dramatic. Here are seven political films to unite all movie fans. I propose a bipartisan resolution to have some popcorn. All in favor? Say "aye!"

Dave — A no-good commander in chief has a heart attack and goes into a coma. So his scheming chief of staff (Frank Langella) installs a presidential impersonator — temp agency owner Dave Kovic (Kevin Kline) — as a believable substitute. Dave might look like POTUS, but his go-gooder energy and affable manner set him apart as he navigates his way through cabinet meetings and budget decisions — and around the microscope of a skeptical first lady.

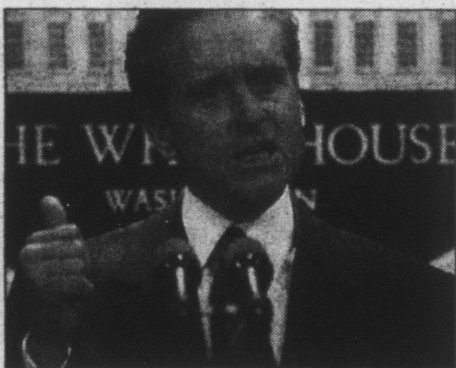
Swing Vote — Bud Johnson (Kevin Costner) is an average Joe from Texico, New Mexico. On Election Day, Bud's precocious daughter Molly attempts to vote on Bud's behalf, setting off an unlikely series of circumstances that places the outcome of the presidential election squarely on Bud's shoulders. Both parties and candidates come a-courting — and a-pandering.

The American President — Michael Douglas plays President Andrew Shephard, who has the unusual distinction of being a bachelor in the White House. It's hard to date when you're the leader of the free world, so when he meets a fascinating woman (Annette Bening) and begins a relationship, it's no surprise that the press is relentless. It doesn't help that a political rival (Richard Dreyfuss) is moving in for the kill.

Lee Daniels' The Butler — Forest Whitaker plays Cecil Gaines —

loosely based on real-life Eugene Allen — who gets a job as a butler serving the first family and ends up tending the needs of presidents from Eisenhower to Reagan and more. Over three decades, his professional capacity is unquestionable, but his relationship with his wife and son show the signs of stress.

Election — In a delightful black comedy, Reese Witherspoon stars as Tracy Flick, a determined Type A overachieving high-school student whose ethics are ... questionable. Matthew Broderick plays her foil as the high-school government teacher who backs a likable athlete as her opposition for student body president.



Michael Douglas in "The American President"

Wag the Dog — A sex scandal on the cusp of the presidential election leads a presidential adviser (Anne Heche) to bring in some help: a spin doctor (Robert De Niro) who, in turn, brings in a Hollywood producer (Dustin Hoffman) to cook up a little fake war in Albania as a distraction from negative news for the president.

The Distinguished Gentleman — A professional con man (Eddie Murphy) uses name recognition to take his scam national when he decides to run for Congress. It's the biggest game you can get — lux offices, swank fundraisers and all the perks that good government can buy. Just don't develop a conscience!

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Comfort foods

Made fast and healthy

by Healthy Exchanges

Cheesy Garlic Potatoes

This is a great side dish to accompany any meal — from a simple chicken breast to your favorite meatloaf recipe.

- 1 (10¼-ounce) can Healthy Request Cream of Mushroom Soup
- ¾ cup chunky salsa (mild, medium or hot)
- 1½ cups (6 ounces) shredded Kraft 2 Percent Milk Cheddar Cheese
- 1 teaspoon dried minced garlic
- 1 teaspoon dried parsley flakes
- ¾ cups (18 ounces) diced cooked potatoes

1. In a large skillet sprayed with olive oil-flavored cooking spray, combine mushroom soup, salsa and Cheddar cheese. Stir in garlic and parsley flakes. Cook over medium heat until cheese starts to melt, stirring occasionally. Add potatoes. Mix well to combine.

2. Lower heat and simmer for 10 minutes or until mixture is heated through, stirring occasionally. Makes 6 (¾ cup) servings.

• Each serving equals: 185 calories, 5g fat, 10g protein, 25g carbs, 658mg sodium, 233mg calcium, 2g fiber; Diabetic Exchanges: 1 ½ Starch/Carb, 1 Meat; Carb Choices: 1 ½.

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- Which singer-songwriter released "Kung Fu Fighting"?
- Where did Gary Puckett & The Union Gap come up with the band's name?
- Who released "I'll Have to Say I Love You in a Song"?
- Grace Slick was in four groups. What were their names?
- Name the song that contains this lyric: "Do my dreaming and my scheming, Lie awake and pray, Do my crying and my sighing, Laugh at yesterday."

Answers

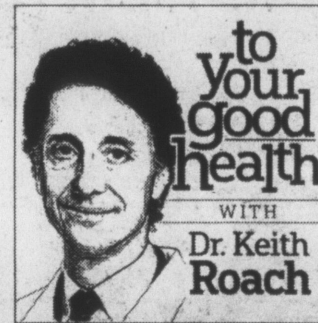
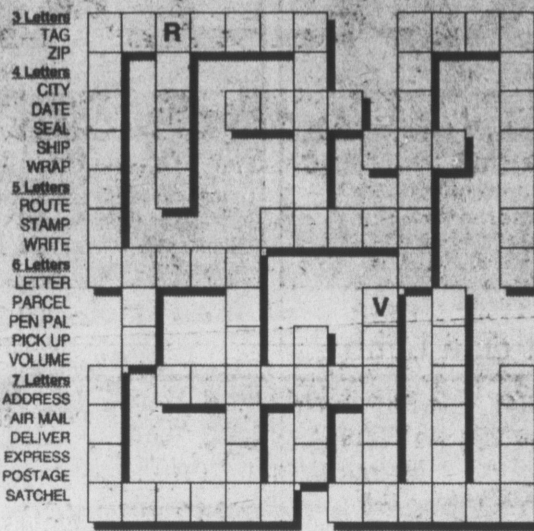
- Carl Douglas, in 1974. The disco song was put together and recorded in the last 10 minutes of recording studio time, and not taken seriously because they only needed a filler B-side to the single. The song went to No. 1 internationally.
- Gary Puckett was from the area near Union Gap, Washington. Their first hit was "Woman, Woman."
- Jim Croce, in 1974. He wrote the song to his wife after they'd had a disagreement.
- The Great Society, Jefferson Airplane, Jefferson Starship and Starship.
- "In My Room," by the Beach Boys, 1963. Beach Boy Brian Wilson said it was written because as a teen, his room was his whole world, a safe kingdom. The song was originally released on their "Surfer Girl" album.

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Puzzles4Kids

by Helene Hovanec

CRISSCROSS - UNITED STATES POSTAL SERVICE
Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.



CPA Could Help With Sleep Apnea

DEAR DR. ROACH: How are sleep apnea, sighing and heart failure related? Recently, I was told that I have severe sleep apnea and that I must use a CPAP machine. I have noticed that during the day I frequently take a spontaneous deep breath. Is that sleep apnea while awake? I have coronary heart disease and have three stents. Will the CPAP machine help me in any way? — A.P.

ANSWER: It's complicated. By far, the most common type of sleep apnea is obstructive sleep apnea. This happens in people who are overweight, or in people whose neck anatomy predisposes them to the condition. During sleep, the upper airway collapses, preventing proper inspiration. This can be noticed by a sleep partner as choking, gasping or just not breathing for a prolonged time. The person eventually will wake up enough, due to lack of oxygen, to be able to take in a good breath, but will then fall back asleep. The process may happen hundreds of times a night, with the person often unaware.

Sleepiness during the day (from never sleeping properly at night) and snoring are the most common symptoms of obstructive sleep apnea. A CPAP (continuous positive airway pressure) machine, which uses high pressure to keep the airway open, is the most common initial treatment for obstructive sleep apnea.

In severe sleep apnea, the oxygen level in the blood can be so low for so long that the heart and lungs can be damaged, eventually leading to a type of heart failure of the right side of the heart.

However, the situation is even more complex. People who have other kinds of heart failure, such as from repeated heart attacks, can develop the less common form of sleep apnea, central sleep apnea. Although this also may be treated by CPAP, it is critical to treat

the underlying heart failure as well. Your doctor can tell you whether you have central or obstructive sleep apnea.

Spontaneous deep breaths, sighs, are a part of normal human physiology. Sighs have several purposes, but the most important is to help keep the lungs properly expanded. Sighs might be more common in people with heart failure, but I do not know of any correlation with sleep apnea.

DEAR DR. ROACH: Are deodorants containing aluminum safe to use? The brands that do not contain aluminum are much less effective. I am concerned about absorbing the aluminum from the deodorant and its effect on the brain.

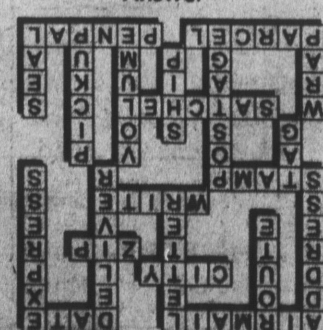
ANSWER: That's a myth. The amount of aluminum in antiperspirants is negligible. Deodorants that aren't also antiperspirants don't contain aluminum. The aluminum mechanically blocks the sweat glands in the armpit, and 99.99% of it is not absorbed into the body. Long-term studies of people taking aluminum-based antacid (which is also poorly absorbed) have shown no increased risk of dementia. The body has several ways of removing the small amounts of aluminum we absorb, mostly via the kidneys. Aluminum toxicity IS a potential problem for people with kidney disease on dialysis, but the small amounts of aluminum in antiperspirants is too small to worry about even in those cases.

There is absolutely no reason to be concerned about the health effects of aluminum on the brain.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

Puzzles4Kids

Answer



Contract Bridge

THE BATTLE FOR TRUMP CONTROL

South dealer.

East-West vulnerable

NORTH

♦ K 3 2
♥ 6 5 4 2
♦ 10 5
♠ A 6 5 3

WEST

♦ Q 10 8
♥ A K Q 8 3
♦ K 8
♠ J 7 2

EAST

♦ 9 7
♥ J 10 7
♦ 7 6 4 2
♠ Q 10 8 4

SOUTH

♦ A J 6 5 4
♥ 9
♦ A Q J 9 3
♠ K 9

The bidding:

South	West	North	East
1♦	2♥	2♠	Pass
4♦			

Opening lead — king of hearts.

A common method of defense against a suit contract is to try to shorten declarer's trumps by forcing him to ruff. This is most likely to be effective when declarer and dummy together have only eight (or fewer) trumps.

Here is a typical case. South ruffed the second round of hearts, led a low spade to the king and finessed the jack on the return, losing to West's queen. West led another heart, and declarer ruffed again. He was now down to the lone ace of spades in his hand, having

led trumps twice and ruffed twice.

After drawing West's last trump, declarer crossed to the club ace, led the ten of diamonds and finessed. West won with the king and cashed two hearts to defeat the contract two tricks. The repeated heart leads had exhausted South's trumps and brought about his downfall.

But analysis shows that South did not handle the situation in the best manner. He could have made his game by exercising better trump control. After ruffing the heart at trick two, he should have played a club to the ace and finessed the ten of diamonds before tackling the trump suit.

If the finesse wins, the contract is virtually assured. If the finesse loses, South is in a much better position to deal with the heart return. He ruffs and still has the A-J-6 of spades as well as the established diamonds.

A low trump to the king is followed by a trump to the ace, deliberately rejecting the finesse. When West follows suit, the contract becomes a certainty, even though the trump queen is still outstanding. Declarer simply runs his tricks in the side suits, losing only a trump whenever West (or East, if he has the queen) elects to ruff.

In effect, South plays for a normal 3-2 trump division instead of yielding to the temptation of winning a trump finesse. Percentagewise, this offers him the best chance of success.

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by Steve Becker

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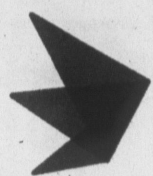
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CHURCH STROLL Bethany Church Holiday Stroll & Rummage! Sat., Nov. 14, 2020 9:00AM - 2:00PM 18 Spear St., Quincy Huge sale of holiday items & lots and lots of rummage! INDOOR EVENT: MASKS & SOCIAL DISTANCING REQUIRED Ornaments, gift baskets, linens, packaged baked goods, toys, new craft kits, Hummels, hats, mittens, gift items, books, & much more! 11/12	 PLEASE RECYCLE THIS NEWSPAPER	PERSONAL THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA J.D. 11/19	PERSONAL <i>In Loving Memory</i> Robert McGee (M.F.D.) Milton Fire Department 1 st Anniversary - November 6 th Miss you & Forver in our hearts - Wife, Children & Grandchildren 11/5	Bob Jansky  Residential & Commercial Licensed & Insured We'll work with you! Gas/Oil Heating Systems - Water Heaters Plumbing & Heating Emergency Service - Free Estimates 617-774-9003 janskymech@gmail.com MA Lic. #15288 11/26	
REPORT POTHOLE Potholes are a year-round problem and should be reported to the Department of Public Works. 617-376-1914	Happy Birthday Melissa Demos Congratulations as you head towards your new future! Love, Mom & Dad 11/5	Prayer to the Blessed Virgin (Never known to fail!) Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this necessity. Oh Star of the Sea, help me and show me herein you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech thee from the bottom of my heart to succor me in my necessity (make request). There are none that can withstand your power. Oh Mary, conceived without sin, pray for us who have recourse to thee (three times). Holy Mary, I place this cause in your hands (three times). Say this prayer for three consecutive days and then you must publish and it will be granted to you. Thank you, M.D. 11/5	INDEX ☐ Services ☐ For Sale ☐ Autos ☐ Boats ☐ For Rent ☐ Wanted ☐ Help Wanted ☐ Work Wanted ☐ Pets ☐ Lost & Found ☐ Real Estate ☐ Antiques ☐ Flea Markets ☐ Yard Sales ☐ Instruction ☐ Day Care ☐ Personal ☐ Miscellaneous		
MISCELLANEOUS PETE'S GRILLE, INC. Pete's Grille offering great food by chef Levi - outside patio - music - and soon to come back: pool-darts- bands & cornhole 11/5	Make America's Dinner Again Rules - No Phones No arguing LISTEN TO EACH OTHER 11/5	"If My people...will humble themselves and pray...I will forgive their sins and heal their land." 2Chronicles 7:14 11/5	RATES 1 WEEK ☐ \$9.00 for one insertion, up to 20 words, 10¢ for each additional word. 2-4 WEEKS ☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word. 5-10 WEEKS ☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word. 11 WEEKS OR MORE ☐ \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word. ☐ Enclosed is \$_____ for the following ad to run _____ weeks in The Quincy Sun. COPY: _____ NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.		
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Urgent Care**

Urgent care with you in mind

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is now open and conveniently located at
100 Walter J. Hannon Parkway.**

Experience advanced urgent care where all patients are
treated by board-certified emergency medicine physicians
from Beth Israel Deaconess Medical Center.

Monday – Friday, 9 a.m. – 7 p.m.
Saturday – Sunday, 9 a.m. – 5 p.m.

Walk-in or reserve your spot online.
urgentcare.bilh.org/quincy

**100 Walter J. Hannon Parkway,
Quincy**

If you are experiencing a medical
emergency, dial 911 or visit your
closest emergency department.

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